

Identify Emotions & Triggers

How to use: Print first for the main practice. Then use the device to repeat activities and save progress.

LEARNING OBJECTIVES

- 1 Name a wide range of emotions using precise feeling words
- 2 Identify the trigger that set off a feeling
- 3 Notice how an emotion shows up in the body
- 4 Choose a healthy first response when a strong feeling arrives

MINI LESSON

Every feeling is a signal. When you can name what you feel and what set it off, you are no longer pushed around by your emotions — you can choose how to respond. This is the first big skill of self-awareness.

Emotions Have Names

There are dozens of emotions, not just happy or sad. Using a more precise word helps you and the people around you understand what is really going on inside.

- Comfortable feelings: calm, proud, grateful, curious, excited, hopeful.
- Uncomfortable feelings: nervous, frustrated, embarrassed, jealous, lonely, disappointed.
- Neither comfortable nor uncomfortable is "bad" — every feeling tells you something useful.

A Trigger Is What Set It Off

A trigger is the event, thought, or situation that started a feeling. Triggers can come from outside (a comment, a loud noise, a surprise) or inside (a memory, a worry, a self-judgment).

1. Notice — pause and look at what just happened.
2. Name — find the most specific feeling word you can.
3. Locate — where do you feel it in your body?
4. Choose — pick a healthy first response.

How Feelings Show Up in the Body

- Nervous: tight chest, butterflies, fast heartbeat.
- Frustrated: clenched jaw, hot face, tense shoulders.
- Excited: light, quick breathing, big smile, bouncy.
- Sad: heavy chest, slow movements, tears building.

! Tip: when feelings get big, slow down before you speak. A single deep breath gives your brain a chance to choose instead of react.

VOCABULARY

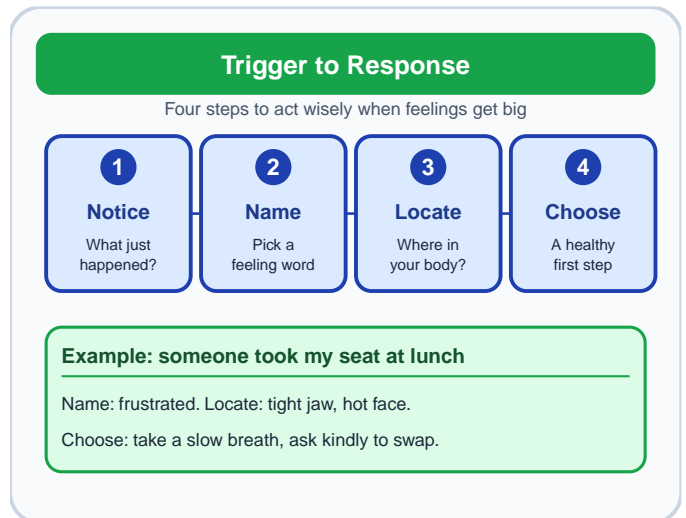
emotion A feeling that gives you information about a situation.

trigger The event or thought that set off a feeling.

comfortable A feeling that is pleasant or easy to sit with.

uncomfortable A feeling that is hard to sit with — but still useful.

self-awareness Noticing what you feel, think, and need in the moment.



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GUIDED PRACTICE — WRITE YOUR RESPONSE

Read the prompt and use at least 4 of the vocabulary words below. Write at least 25 words.

Prompt
Write 2-3 sentences explaining what you have learned. Use at least 4 of the vocabulary words below.

VOCABULARY — USE AT LEAST 4
emotion · trigger · curious · grateful · hopeful · proud · nervous · lonely · frustrated

Write at least 25 words.

EXERCISES — MATCH THE PAIRS

Match each situation to the most likely feeling.

- 1. My team won the game I trained for
- 2. I have a big test in 10 minutes
- 3. My friend got the lead role I wanted
- 4. I helped my little brother and he hugged me
- 5. I tried five times and the puzzle still won't fit
- 6. Recess starts in two minutes

- A. grateful
- B. frustrated
- C. excited
- D. proud
- E. nervous
- F. jealous

Write the matching letter next to each number (e.g. 1-B, 2-A, 3-C...).

1 — ____ 2 — ____ 3 — ____ 4 — ____ 5 — ____ 6 — ____

“Flip the page upside down to see the answer key”

1-D 2-E 3-F 4-A 5-B 6-C

EXERCISES — SORT & MATCH

Sort each feeling into Comfortable or Uncomfortable.

WORDS TO SORT

- proud
- curious
- grateful
- excited
- hopeful
- calm
- nervous
- frustrated
- embarrassed
- lonely
- disappointed
- jealous

Comfortable feeling

Uncomfortable feeling

“Flip the page upside down to see the answer key “

Comfortable feeling: proud, curious, grateful, excited, hopeful, calm | Uncomfortable feeling: nervous, frustrated, embarrassed, lonely, disappointed, jealous

PRACTICE — DICTATION / TYPING

Without looking, list four feelings, name what could trigger each one, and explain what self-awareness is.

Name four feelings, give a possible trigger for each, and define self-awareness in your own words.

Notice, name, locate, choose. Then explain how knowing your own feelings helps you act wisely.

“Flip the page upside down to see the answer key “

emotion / trigger / feel / self-aware / notice / name

EXERCISES — MULTIPLE CHOICE

Circle the best answer.

1. A trigger is...

- The same thing as a feeling
- The event or thought that set off a feeling
- A way to push a feeling away

2. Which is the MOST specific way to name a feeling?

- "I feel bad."
- "I feel kind of okay."
- "I feel disappointed because I missed the show."

3. Which group lists only uncomfortable feelings?

- proud, curious, calm
- frustrated, lonely, embarrassed
- excited, hopeful, grateful

4. Where might frustration show up in the body?

- Light, quick breathing and a big smile
- Clenched jaw, hot face, tense shoulders
- A heavy chest and slow movements

5. Your best friend cancels plans last minute. Which response is healthiest FIRST?

- Send an angry message right away
- Pause, name the feeling, then decide what to do
- Pretend nothing happened and stay quiet for days

6. Are uncomfortable feelings "bad" feelings?

- Yes — they should be ignored
- No — they are uncomfortable but they give useful information
- Only if other people see them

7. What is self-awareness?

- Noticing what you feel, think, and need in the moment
- Hiding your feelings from yourself
- Only paying attention to other people

8. Which is the BEST first step when a strong feeling arrives?

- React fast before you forget how you feel
- Take a slow breath and notice what is going on inside
- Tell yourself the feeling is wrong and push it away

“Flip the page upside down to see the answer key “

1.b 2.c 3.b 4.b 5.b 6.b 7.a 8.b

ASSESSMENT

PARENT / TEACHER CHECKLIST

- Can name at least eight different feelings using precise words
- Can describe a recent trigger and the feeling it set off
- Can locate where two different feelings show up in the body
- Can sort feelings into comfortable and uncomfortable groups
- Can choose a healthy first response when a strong feeling arrives