

Recognize Emotions in Depth

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

LEARNING OBJECTIVES

- 1 Name emotions in depth
- 2 Match each emotion to the situation or body feeling that triggers it

MINI LESSON

Everyone feels emotions every single day — joy, anger, fear, sadness, and many more. At Grade 3, you are ready to go deeper: instead of just naming a feeling, you will learn what causes it and how your body signals it.

What is an emotion trigger?

- A trigger is the event or situation that starts a feeling.
- Example: Getting a surprise gift leads to joy (heart lifts, smile appears).
- Example: Someone takes your things without asking leads to anger (face feels hot, fists may tighten).

Body clues help you identify emotions

- Joy — warm chest, wide eyes, energy to move or smile.
- Fear — fast heartbeat, goosebumps, wanting to freeze or run.
- Sadness — heavy feeling, eyes sting, low energy.
- Embarrassment — hot cheeks, looking away, wanting to hide.

Why does it matter?

- Knowing your triggers helps you predict how you might feel.
- Noticing body clues helps you name the emotion before it takes over.
- When you can name an emotion, you can choose how to respond wisely.

Emotions and Body Clues



Joy
warm chest



Anger
hot face



Fear
fast heartbeat



Sadness
heavy feeling

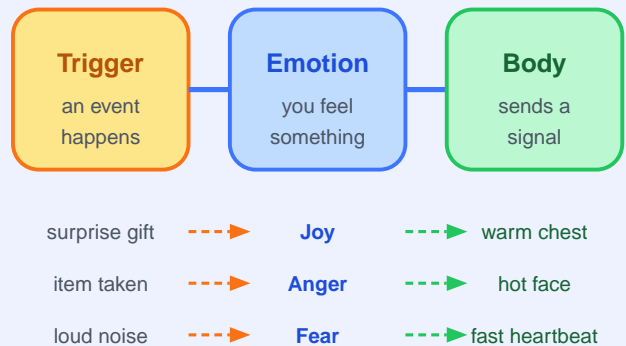


Embarrassment
hot cheeks



Excitement
butterflies

How Emotions Work



Naming emotions helps you respond wisely.

! Self-check: Can you think of one trigger for the emotion "excitement"?

TRACING PRACTICE

Trace each word, then copy it twice on the lines below.

TRACE

joy

COPY 1

COPY 2

TRACE

anger

COPY 1

COPY 2

TRACE

fear

COPY 1

COPY 2

TRACE

sadness

COPY 1

COPY 2

TRACE

embarrassment

COPY 1

COPY 2

TRACE

excitement

COPY 1

COPY 2

TRACE

trigger

COPY 1

COPY 2

TRACE

emotion

COPY 1

COPY 2

Tip: As you trace each emotion word, think of one time you felt that feeling.

EXERCISES — MATCH THE PAIRS

Draw a line from each emotion to its matching trigger or body feeling.

1. Joy

2. Anger

3. Fear

4. Sadness

5. Embarrassment

6. Excitement

A. A pet or close friend moves far away

B. Tripping in front of the whole class

C. The evening before your birthday party

D. Getting a surprise gift from a friend

E. Someone takes your things without asking

F. Hearing a sudden, loud unexpected noise

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

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

EXERCISES — MULTIPLE CHOICE

1. What is an emotion trigger?

- The name of the emotion you feel.
- An event or situation that causes a feeling to start.
- A way of calming yourself down.

2. Which body clue most often matches the emotion "joy"?

- Warm chest, wide eyes, and extra energy.
- Fast heartbeat and wanting to freeze.
- Heavy feeling and stinging eyes.

3. Which situation would most likely trigger anger?

- Winning a prize at a school fair.
- Hearing your favorite song on the radio.
- Someone taking your pencil without asking.

4. How does fear usually feel in your body?

- Warm chest and a big smile.
- Fast heartbeat and goosebumps.
- Hot cheeks and looking away.

5. A close friend moves to another city. What emotion does this most likely trigger?

- Sadness.
- Excitement.
- Anger.

6. Which body clue best matches embarrassment?

- Butterflies in the stomach.
- Heavy feeling and low energy.
- Hot cheeks and wanting to look away.

7. Why is it helpful to name an emotion when you feel it?

- It makes the emotion disappear immediately.
- It helps you understand the feeling and choose how to respond wisely.
- It stops you from having any emotions.

8. What body feeling often goes with excitement?

- Butterflies in the stomach and a feeling of being ready and eager.
- Wanting to freeze and goosebumps.
- Eyes that sting and low energy.

9. What are the three parts of how an emotion works?

- Thinking, speaking, and acting.
- Breathing, moving, and resting.
- Trigger, feeling, and body response.

10. How does knowing your emotion triggers help you?

- It lets you avoid all strong feelings forever.
- It helps you predict feelings ahead of time and prepare a calm response.
- It teaches you to ignore body clues.

ASSESSMENT

PARENT / TEACHER CHECKLIST

- Names at least five emotions (e.g., joy, anger, fear, sadness, embarrassment, excitement) when shown an emotion face or described a scenario.
- Matches each emotion to a real-life situation or trigger without prompting (e.g., says "I would feel angry if someone took my things").
- Describes at least two body clues for different emotions (e.g., "My chest feels warm when I am happy" or "My heart beats fast when I am scared").
- Explains in their own words why naming an emotion is useful (e.g., "It helps me decide what to do instead of just reacting").