

Name \_\_\_\_\_

Date \_\_\_\_\_

# Name the Emotion

In "Studying Kindness" (December 18, 2020), the section "Engaging Students" mentions a curriculum called Learn Kind. Here's an activity from that curriculum.



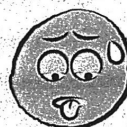
LEARNKIND

by

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When you hear the word *literacy*, you probably think about reading and writing. But have you heard of *emotional literacy*? It's the ability to identify, understand, and respond to emotions in yourself (and others) in a healthy way. In this activity, you'll practice identifying a variety of emotions. Carefully observe each facial expression and match the appropriate vocabulary word to the face.

Write the emotion depicted in each picture below



## Word Bank

- annoyed • uncertain • anxious • confident • thoughtful
- discouraged • joyful • exhausted • lonely • calm

## Reflect

- Why do you think it's important to be able to identify many different types of emotions?
- How is this aspect of self-awareness connected to kindness?