



Feelings and emotions

**What are
feelings and
emotions?**

Have you ever felt

→ ???

Angry



angry
mad
furious



The ref made
a bad call.



angry
mad
furious



You are stuck
in traffic.



angry
mad
furious

Your computer
crashed.

Bored



bored



You are stuck inside
because of the rain.



bored



The guy next to you
is talking too much.



bored



You have
nothing to do.

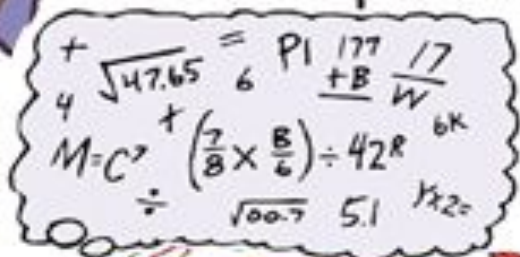
Confused



confused

baffled

puzzled



The problem is
too complicated.



confused

baffled

puzzled



The map doesn't
make any sense.

Excited



excited
thrilled
delighted



You are meeting
an old friend.



excited

thrilled

delighted



You won
the lottery.



excited
thrilled
delighted



You are going
on a trip.

Frustrated



frustrated



You keep missing
the ball.



frustrated



You can't figure
out what's wrong
with the computer.



frustrated



The instructions
are terrible.

Happy



happy
elated
overjoyed



You got a great
report card.



happy
elated
overjoyed

HAPPY BIRTHDAY



It's your birthday.



happy
elated
overjoyed



Your team won.

Relieved



relieved

The doctor says
you are healthy.



relieved



You found
your wallet.



relieved



You passed
the test.

Sad



sad
depressed
upset



You lost.



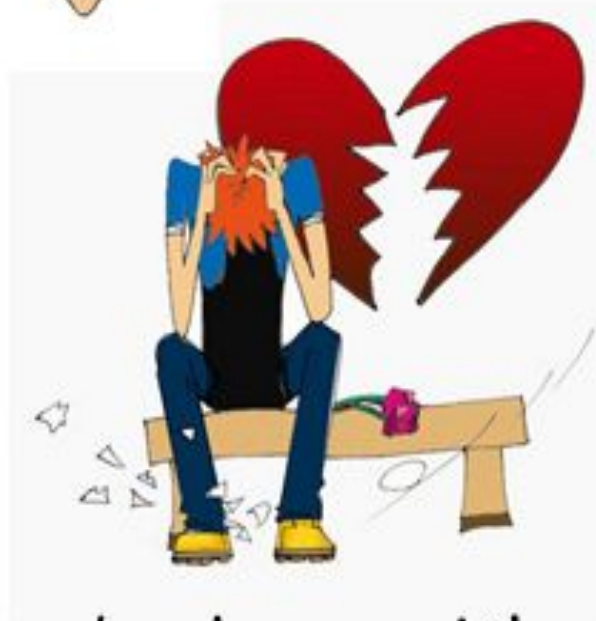
sad
depressed
upset



Your best friend is
moving to another city.



sad
depressed
upset



You broke up with your
boyfriend/girlfriend.

Scared



scared
frightened
afraid



Something is
coming for you.



scared
frightened
afraid



There is
a spider on you.



scared
frightened
afraid



You saw a ghost.

Surprised



surprised
shocked



The bill is
so high.



surprised
shocked



There is a giraffe
in your house.



surprised
shocked



The president
resigned.

Tired



tired
exhausted



The baby kept
you up all night.



tired
exhausted



You stayed up late
studying for a test.



tired
exhausted



You had a hard
day at work.

Worried



worried
concerned



The stock market
is crashing.



worried
concerned



You have so many
bills to pay.



worried
concerned



Your friend
is very sick.

Looking
at emotions

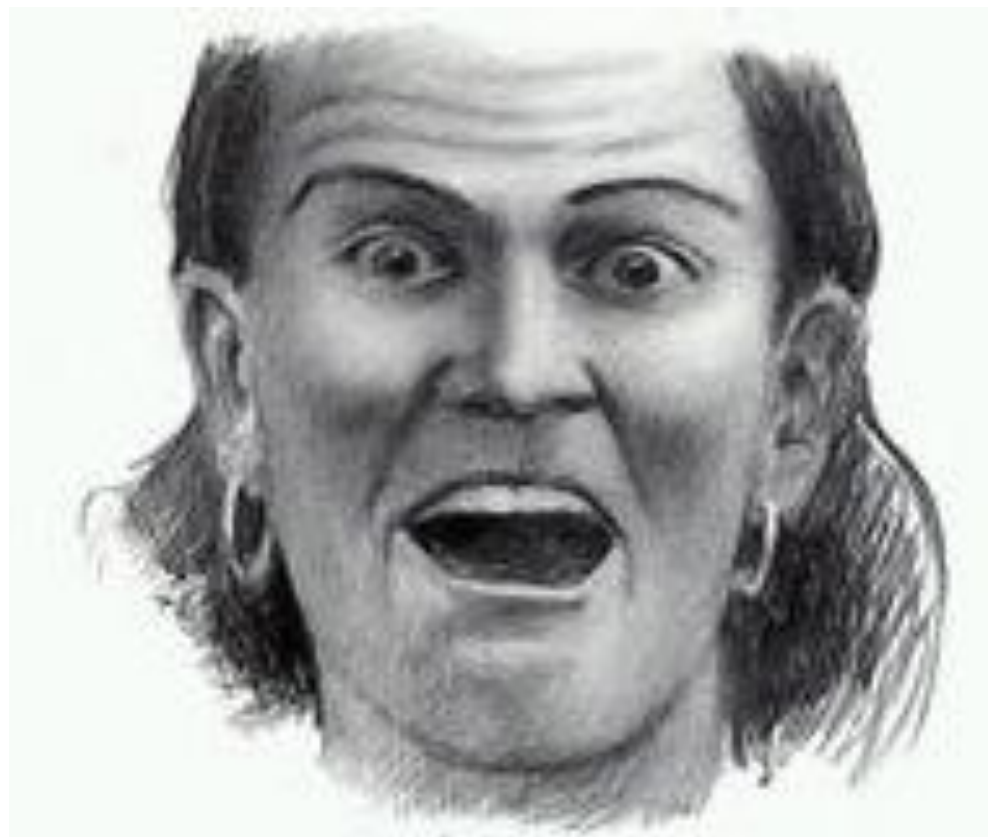












Feelings

**Feelings go up and feelings go down
There are feelings inside us all
spinning around.**

**Sometimes they're good and
sometimes they're bad**

**But feelings are something that
everyone has.**

**Being shut out and feeling unsafe are
feelings that
I think that
Everyone
Hates.**





If you have bad mood



These are many methods
to cheer up



The ABC of happiness

The ABC of happiness

- **A**spire to reach your potential.
- **B**elieve in yourself.
- **C**reate a good life.
- **D**ream about what you might become.
- **E**xercise frequently.
- **F**irst think, then speak.
- **G**lorify the creative spirit.
- **H**umor yourself and others.
- **I**magine great things.
- **J**oyfully live each day.
- **K**indly help others.
- **L**ove one others.
- **M**editate daily.
- **N**urture the environment.
- **O**rganize for harmonious action.
- **P**raise performance well done.
- **Q**ueue up for tickets.
- **R**egulate your behavior.
- **S**mile often.
- **T**hink rationally.
- **U**nderstand yourself.
- **V**alue life.
- **W**ork for the common good.
- **X**-ray and carefully examine problems.
- **Y**ean to improve.
- **Z**estfully pursue happiness.

Have a good day 😊 !!!