



# **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.



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.

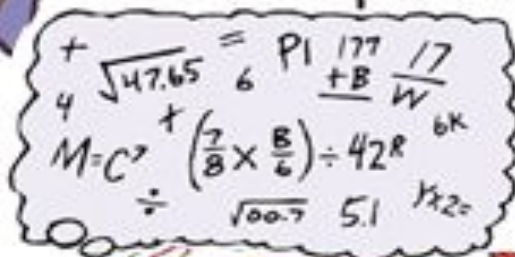
**Confused**



**confused**

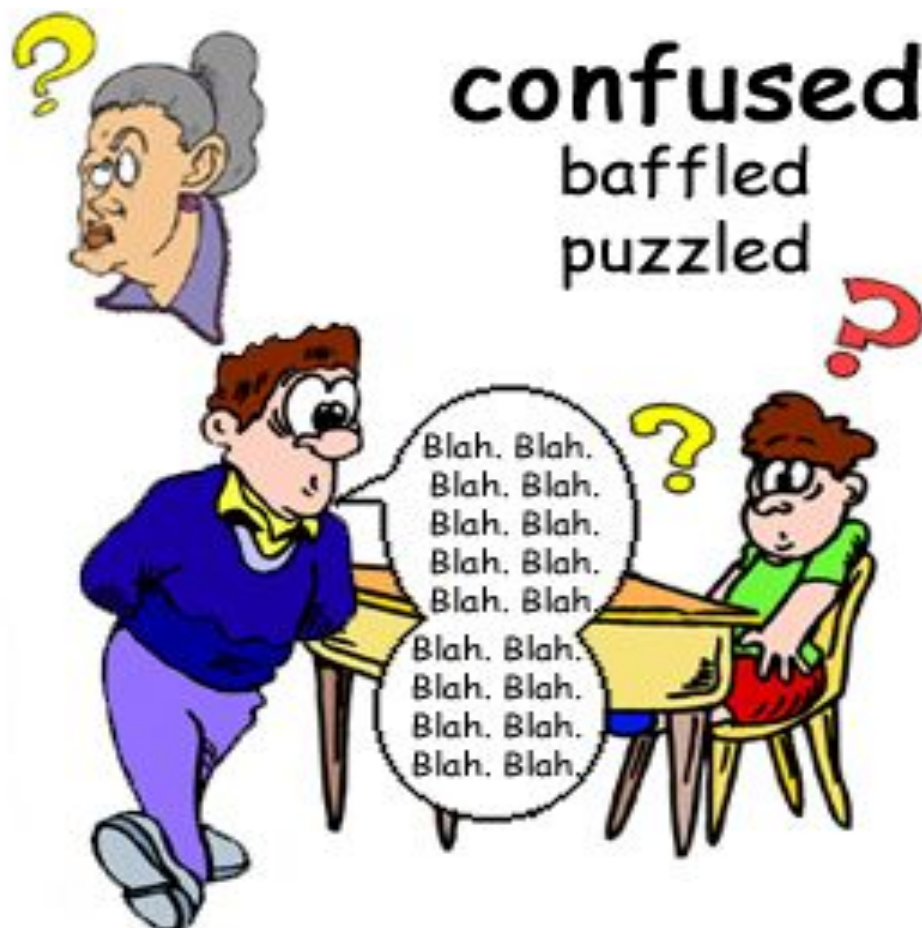
baffled

puzzled



The problem is  
too complicated.

**confused**  
baffled  
puzzled



The teacher is talking too fast.



**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**



The doctor says  
you are healthy.



relieved



You found  
your wallet.



**relieved**



**You passed  
the test.**



**Sad**



**sad**  
depressed  
upset



**You lost.**



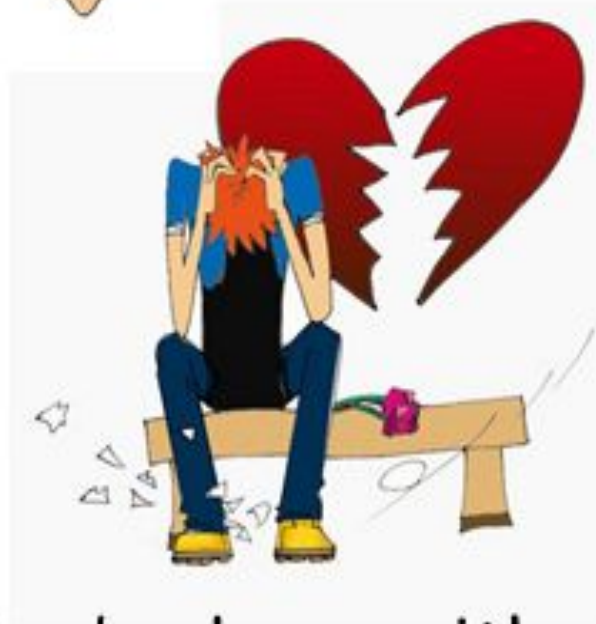
**sad**  
depressed  
upset



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.**



1



2



3



4



5



6



7



8



9



10



11



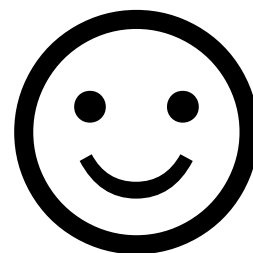
12



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**mage 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 😊 !!!**