

# UNIT 3: INNER WEATHER REPORT™

**O**ur emotions are kind of like the weather. In one day, we can go from feeling sunshine, to a rainstorm, hurricane and back. Emotions can make life really interesting and fun. They motivate us and move us into action. When we recognize and manage our emotions, we have greater self-knowledge and can be more successful in life. But if we get too worried or too angry, we make mistakes and life becomes stressful.

Learning to identify and manage our emotions is an important skill that helps us achieve our goals and be our best selves.



## Emotion Vocabulary List:

Draw a line matching the group of emotion words on the right to the correct phrase on the left.

### High Energy Draining Emotions

- Happiness • Excitement • Playfulness • Joy • Love • Confidence • Courage • Amusement • Thrill

### Low Energy Draining Emotions

- Peacefulness • Calm • Care • Appreciation • Curiosity • Satisfaction • Surprise • Hope

### Low Energy Uplifting Emotions

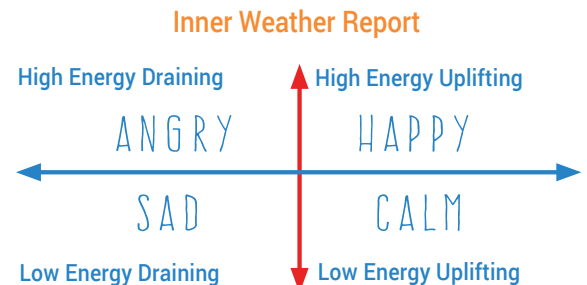
- Anger • Frustration • Irritation • Resentfulness • Fear • Disgust • Shame • Jealousy • Cruelty • Hate • Grief

### High Energy Uplifting Emotions

- Disappointment • Sadness • Boredom • Discouragement • Anxiety • Hurt • Worry • Guilt • Grumpiness

## What is Your Inner Weather Report

For the activity on the next page, think of your activities or conversations from the last few days. Then pick one or two words from the list next to each area that best describes an emotion you experienced. Write those words in each of the four squares.



# INNER WEATHER REPORT

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