



Activity 2: Examine Your Emotional State

Visit R1LEARNING.COM / RESOURCES to download printable Activity Worksheets.

Capture your information from the Discovery Cards activity below and answer the Questions to Explore.

	<hr/> People, Places, Things, Situations		
Emotions & Feelings	<hr/> Emotion	<hr/> Emotion	<hr/> Emotion
	<hr/> Feeling (I feel)	<hr/> Feeling (I feel)	<hr/> Feeling (I feel)
	<hr/> ME		

Questions to Explore

Pick one of the Discovery Cards above and answer the following questions.

- Where do you feel this emotion in your body?
- How often does this emotion show up (frequency)? Hourly, daily, weekly? Has the frequency changed over time? Why?
- How fast does it come and go? Describe.
- How strong does this emotion feel in your body (intensity)? Is it more or less intense now than in the past? Why?
- How long does this emotion last (duration)? Is the duration increasing or decreasing? Why?
- What is your major learning from this activity?