Emotion Recognition & Regulation — Unit 1

Activities 4 & 5: Emotion Cards

ACTION
Divide the class into small groups. Ensure each group gets one Emotion Card.

- ENVY
- DISGUST
- DISAPPOINTMENT
- ANGER
- SADNESS
- SHAME
- BOREDOM
- FEAR
- NERVOUSNESS
- IRRITATION
- EMBARRASSMENT
- WORRY