

My Emotions and Me! Workbook



Meet the Sparks!™

Growing whole humans, one conversation at a time.



Chow
HAPPINESS



Izzy
SADNESS



Pepper
ANGER



Fizz
LOVE



Koko
PEACE



BoA
FEAR

Purpose Prep, a trusted name in the field of Social Emotional Learning (SEL), brings you this supplemental resource to further develop children's abilities to recognize, regulate, and reflect on their emotions.

These activities are relevant, fun, and engaging. They are focused on helping children become more self-aware and able to understand how their feelings correlate with their actions, well-being, and relationships.

By following our online program, this workbook can be utilized as a supplemental resource to our curriculum. It can also be used as a learning tool independent of the online program. To find more information about SEL growth and other tools offered and developed by Purpose Prep, visit www.purposeprep.com.

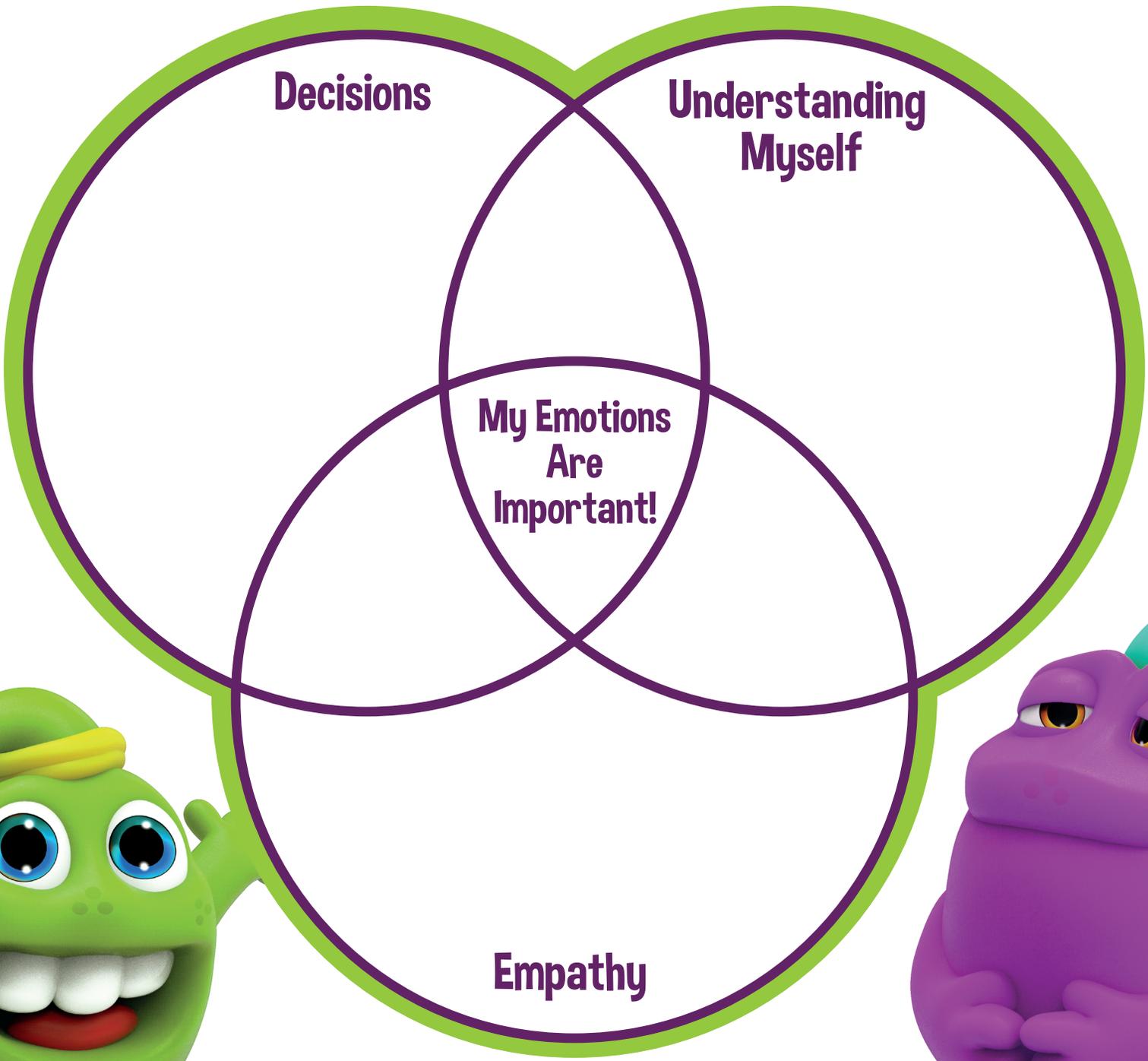
This workbook is dedicated to all the teachers and parents who help children fulfill their purpose in life, and to all the learners who grow with each social-emotional activity.

Why Emotions Are Important: Why Are Emotions Important?



Name: _____

Directions: Our emotions shape so much of what we do in our lives, like our decisions, how we see ourselves, and how we see others. In the diagram, write about how your emotions impact these three areas of your life.





Name: _____

Directions: Read the text, and then answer the questions that go along with each step of the Emotion Navigator.

Landon had been studying hard for a big test that was coming up. He knew it was going to be difficult and he wanted to do well. On the day of the test, he took his time and tried his very best on each question. After a few days, he got his test back and he didn't do as well as he wanted. He started to feel upset and frustrated, and he could feel his stomach starting to hurt. He was worried about telling his mom about his grade. He took a deep breath and knew that he was upset because he really wanted to do well. When Landon got to lunch, he told his friend how he was feeling, and then he played soccer at recess. Talking to friends and running around usually helps Landon feel better when he is upset. When Landon got home, he told his mom about his test and the grade he received. She looked at him and assured him that she knew he had studied and tried his best, and that she would help him study for the next test. Landon felt supported and hopeful that he could improve next time. It would take hard work, but he was willing to keep trying!

1. What did Landon do as soon as he felt himself getting upset?

**2. How could Landon tell he was feeling frustrated?
What clue did his body give him?**

3. If Landon had continued feeling frustrated and upset, what might have happened during the rest of his day? What emotion chain reaction may have occurred?

4. What tools did Landon use to help regulate his negative emotions?

5. How did this situation help Landon understand himself better and recognize his own purpose?

Why Emotions Are Important: Changing Bad Feelings



Name: _____

Directions: Life is full of ups and downs, but having strategies to use when we're down can help us shift our feelings to a more positive place. In the negative symbol, write about a time when you had negative feelings in your life. Then, in the positive symbol, write **four** strategies you used, or could have used, to change those feelings into more positive ones.

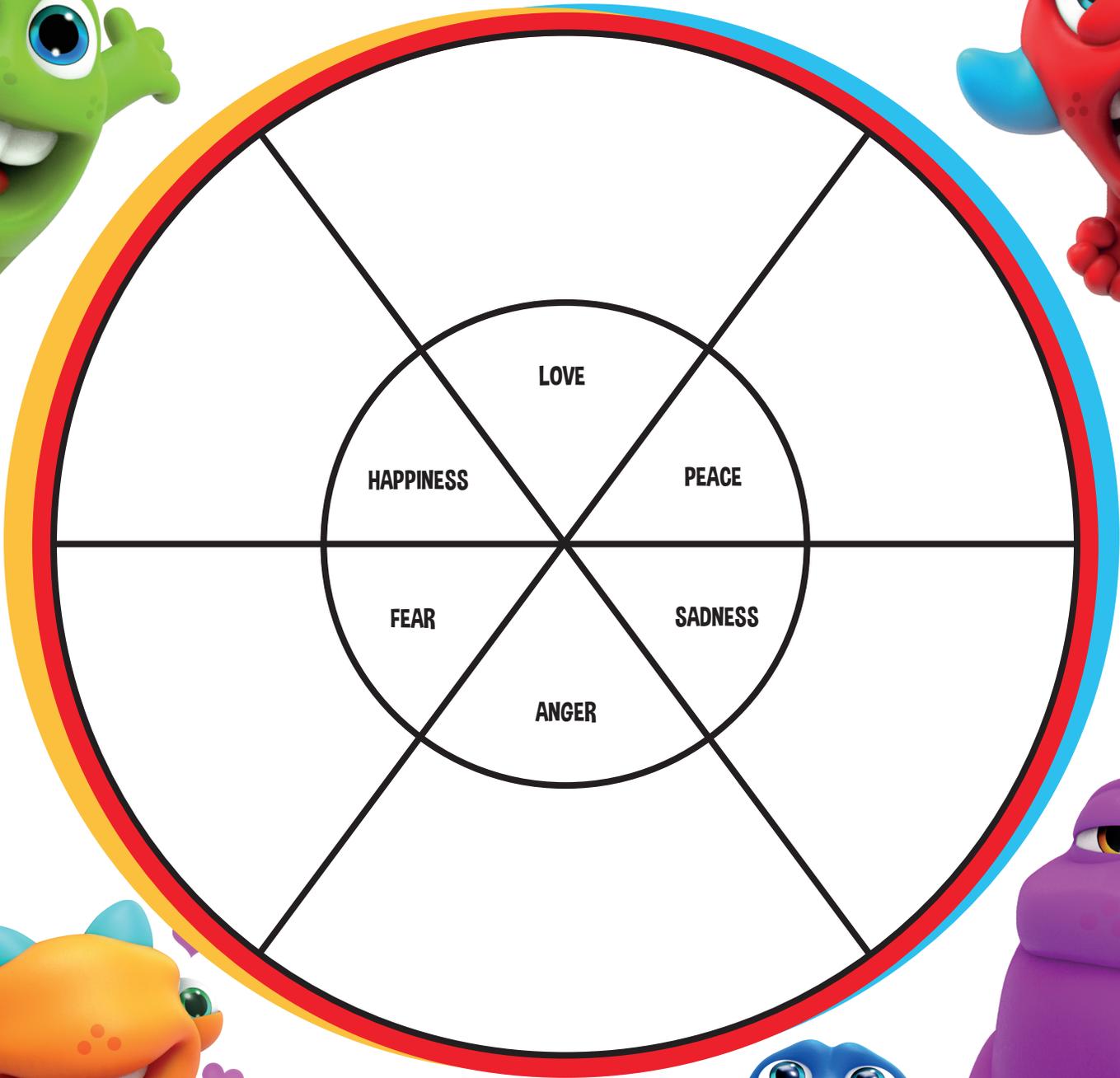


Why Emotions Are Important: Coloring Our Emotions



Name: _____

Directions: We can color our emotions to be more descriptive about how we feel. Color the inner circle sections with the color for each emotion. In the outer circle sections, draw and label a picture of something that makes you feel each emotion.



Why Emotions Are Important: How Emotions Impact Others



Name: _____

Directions: We carry our emotions with us all day, every day. Sometimes this creates a positive chain reaction. Other times, it can cause a negative chain reaction. Number the emotion statements below to put them in order of an emotion chain reaction. Then, answer the response question in complete sentences.

JOSÉ

- _____ José feels embarrassed and misunderstood by his friends.
- _____ José's friends think he was rude and find a new table.
- _____ José got into an argument with his mom before school and is upset.
- _____ José yells at his friends at the lunch table for having smelly lunches.

LANA

- _____ Lana wakes up feeling great and unloads the dishwasher without being asked.
- _____ Lana feels loved, capable, and positive about the day.
- _____ Lana asks if she can play with her friends after school. Her mom says, "Yes!"
- _____ Lana's mom notices her daughter's hard work and lets her know how proud she feels seeing Lana help the family.

**OUR EMOTIONS CAN SOMETIMES CREATE A CHAIN REACTION OF EVENTS.
WHAT POWER DO YOU HAVE TO CONTROL THOSE CHAIN REACTIONS IN YOUR LIFE?**





Name: _____

Directions: Read each of the situations in the left-hand column. If it is an **UNSAFE** situation, write how you could make it safe in the right-hand column. If it's already a safe situation, just write **SAFE** in the right-hand column.

SITUATION	SAFE SOLUTION
<p>You and your friends are having a sleepover. One of your friends suggests that you all go on a walk late at night in an area that you know you aren't supposed to be in. This makes you feel uneasy.</p>	
<p>You and some neighborhood friends are going for a bike ride later in the evening. There are some busy streets that you know you'll be riding on, so you wear bright clothing and your helmet.</p>	
<p>While at soccer practice, you notice a sharp object on the ground. You know it's not something you should have, and it could get into the wrong hands if left there.</p>	
<p>You are home alone when someone knocks on the door. After looking out the window, you realize that the person knocking is not someone you recognize. You go into a safe area of your house and do not answer the door.</p>	
<p>One of your classmates always hugs you. You wish they would give you a little more space or at least ask before touching you.</p>	



Name: _____

Directions: Decide whether the “gut” feelings below indicate a **safe** or **unsafe** situation by coloring in the answer in the shape underneath each example.

1. Tonight is the school Talent Show, and you’ve been practicing for months! Right before you go on stage, you start to feel sweat on your forehead and get nervous. The feeling is a bit uncomfortable.

Safe

Unsafe

2. Your class has a science test today, and you forgot to study. You sit far away from your teacher and have several opportunities to cheat. You feel uncomfortable about it and know you would get in huge trouble if you got caught, but you don’t want to get a bad grade.

Safe

Unsafe

3. It’s winter and very cold outside; your friends want to play on the ice that has frozen over on the lake. They assure you that they’ve done it hundreds of times, and there’s nothing to be afraid of. You feel uneasy about walking on the ice in case it happens to fall through, and there are no adults around to decide whether the ice is safe to walk on.

Safe

Unsafe

4. You are playing on the computer at home, and an ad pops up on the screen for the newest electronic gadget that everyone at your school wants. It offers the toy for a cheaper price than usual, and all you have to do is click “Purchase.” You don’t think your mom would allow you to do that, but it seems like too great of an opportunity to pass up.

Safe

Unsafe



Name: _____

Directions: Read each of the secrets below. Next to each one, color in the box(es) that indicate who would be a good, trusted person to tell the secret to.

SITUATION	SAFE SOLUTION				
<p>One of your classmates keeps getting picked on by the same person. The bully sees you watching and tells you, "Don't be a tattler, or we'll pick on you, too."</p>	Close friend	Parent or guardian	Teacher	School counselor	No one - this is a safe secret.
<p>You tried to play a harmless prank on someone, but it went really, really badly. The person you pranked ended up humiliated and is crying. No one knows you were the one that played the prank.</p>	Close friend	Parent or guardian	Teacher	School counselor	No one - this is a safe secret.
<p>You notice that someone in your class has been cheating on all of their tests. They don't know the material, and they brag to the rest of the class about how much smarter they are.</p>	Close friend	Parent or guardian	Teacher	School counselor	No one - this is a safe secret.
<p>Someone on your bus hands you a sharp object that you know is a weapon. They tell you that only the cool kids have them, and you shouldn't tell anyone about it.</p>	Close friend	Parent or guardian	Teacher	School counselor	No one - this is a safe secret.
<p>Your sibling is making your mom a handmade gift and has been secretly collecting materials around the house for it. They ask you not to tell anyone, so it will be a surprise.</p>	Close friend	Parent or guardian	Teacher	School counselor	No one - this is a safe secret.



Name: _____

Directions: Fill in the sentences below using your own experiences and responses.

When I feel afraid, I... _____

Someone who always makes me feel safe is... _____

One friend I know I can count on when I need help is... _____

When my friends are afraid, I... _____

If I saw someone being bullied, I... _____

When I stick up for others, I feel... _____

When I stick up for myself, I feel... _____

When I hold my problems and worries in, I feel... _____

One adult I know I can count on when I need help is... _____



Name: _____

Directions: Fill in Koko's outline with as many peaceful words that you can think of. Some have already been provided as examples.





Name: _____

Directions: Complete the word search below using the positive values included in the word bank.

A	C	E	L	E	B	R	A	T	O	R	Y
Z	B	N	F	G	W	R	H	U	P	R	Y
E	M	E	M	P	A	T	H	E	T	I	C
N	Z	R	H	O	P	A	L	C	N	S	D
T	R	U	G	V	B	G	D	K	E	U	I
H	T	T	E	F	Y	V	B	T	L	Z	X
U	S	R	A	I	H	N	O	P	R	U	N
S	S	U	P	P	O	R	T	I	V	E	P
I	W	S	E	L	N	J	U	B	F	H	O
A	L	T	A	C	E	O	K	M	G	L	L
S	U	W	P	O	S	T	C	P	D	S	B
T	R	O	S	T	T	N	U	O	D	S	J
I	W	R	E	U	O	C	N	S	S	F	R
C	W	T	C	N	Y	T	G	I	H	P	P
X	E	H	R	Y	B	R	U	T	H	S	A
C	V	Y	Q	Y	H	G	I	I	P	U	T
C	H	S	D	T	N	K	X	V	D	U	E
P	G	C	E	N	E	R	G	E	T	I	C
E	R	U	G	H	T	J	V	J	P	O	U
E	N	C	O	U	R	A	G	I	N	G	Y
B	N	H	E	R	Y	C	A	R	I	N	G

Word Bank:

Trustworthy
Honest
Supportive
Caring
Celebratory
Positive
Enthusiastic
Energetic
Empathetic





Name: _____

Directions: Fill in the boxes below to come up with your own personal responsibility plan!

My Personal Responsibility Plan		Estimated Time Required
Things I Want to Do		
Things I Have to Do		

How much time do the things you need to do take?

How much time do the things you want to do take?

What are the benefits to prioritizing the things you need to do first over the things you want to do?

How will I be rewarded for completing the things I need to do?



Name: _____

Directions: Fill in the sentences below using your own thoughts and experiences.

Integrity means... _____

Integrity can be used... _____

It is important to have integrity because... _____

If everyone in the world had strong integrity, ... _____

I use integrity now by.... _____

One way I can strengthen my integrity is by... _____



Name: _____

Directions: Complete the self-assessments below by checking the boxes that most accurately depict your behavior. Then, make your own set of questions for another area that you think it is important to be respectful in.

Giving Respect to Others at School:

- | | | |
|--|------------------------------|-----------------------------|
| 1. Do I listen when the teacher or person in charge is talking? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Do I follow the directions I'm given at school? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Do I let others share their opinions and perspectives, even if I don't agree? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Do I try to make everyone feel welcomed and included? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Do I avoid spreading gossip or speaking negatively about others? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Total "Yes": _____

Total "No": _____

Giving Respect to Others at Home:

- | | | |
|---|------------------------------|-----------------------------|
| 1. Do I look for ways to help my family around the house without being asked? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Do I complete my chores when I am asked to? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Do I complain when I don't get my way? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Do I show my gratitude for what my family does for me? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Do I say "please" and "thank you" when it is appropriate? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Total "Yes": _____

Total "No": _____

Giving Respect to Others _____ :

- | | | |
|----------|------------------------------|-----------------------------|
| 1. _____ | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. _____ | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. _____ | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Total "Yes": _____

Total "No": _____



Name: _____

Directions: In each flower petal, write down one important thing every team must follow in order to be successful.

Teamwork Guidelines



To find more information on social-emotional growth and other tools made by Purpose Prep, visit www.purposeprep.com.

