

Different types of emotions / synonyms/ their implementation in verbal and writing communications

Introduction

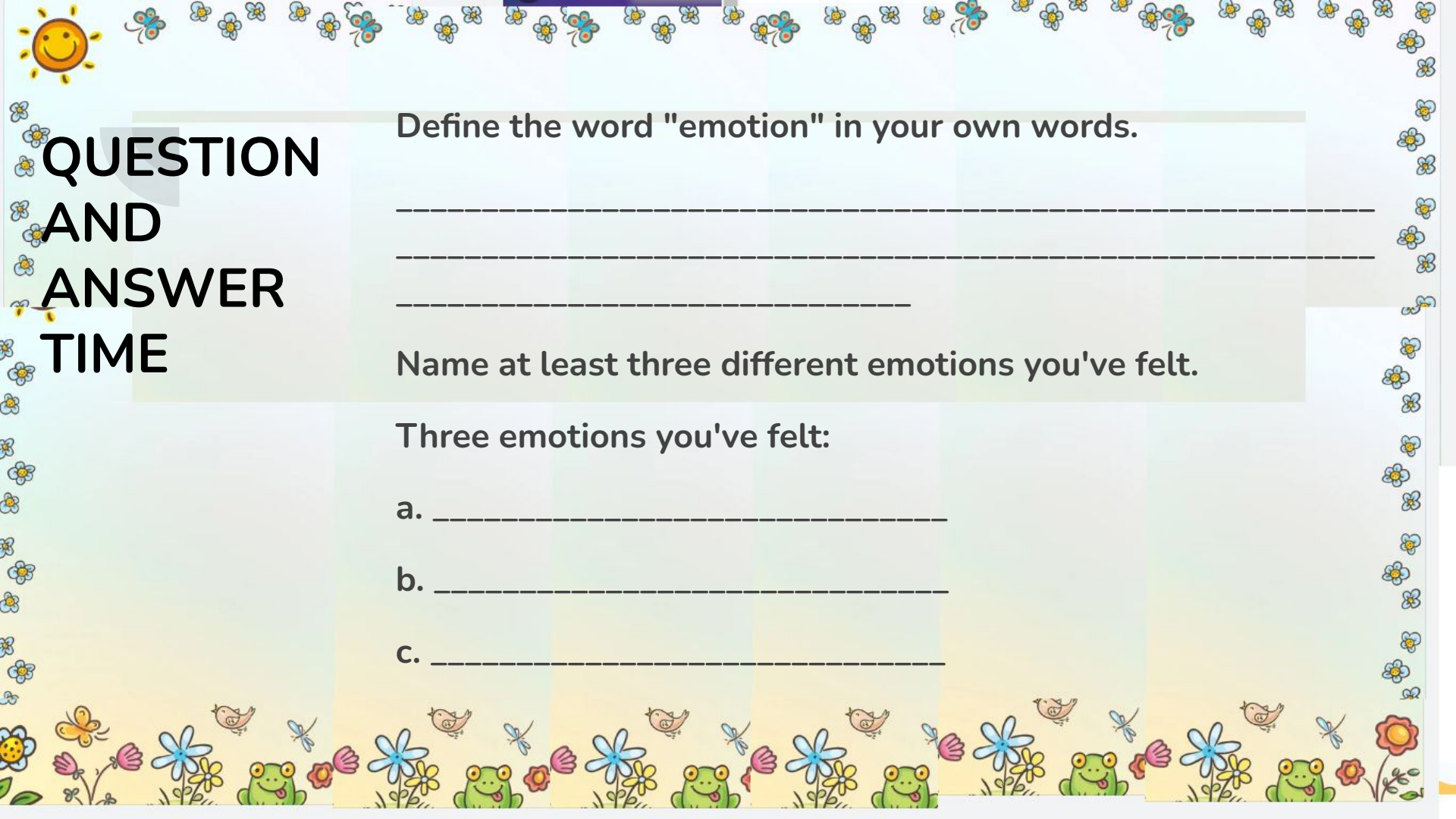
Thank you for joining me today. Emotions are the driving force behind our words, gestures, and expressions. They often convey more than the words themselves. When we speak, we're not just transmitting information; we're sharing our feelings, beliefs, and perspectives. So, understanding emotions can help us decode the true message being conveyed, fostering empathy and deeper connections.



What Are Emotions?

A feeling is an emotion. It's okay to feel different emotions at different times. An emotion is a strong feeling or reaction that we experience in response to different situations and events. Emotions are complex and multifaceted states of being that can have a profound impact on our thoughts, behaviors, and relationships. Three basic human emotions are happiness, sadness, and anger.





QUESTION AND ANSWER TIME

Define the word "emotion" in your own words.

Name at least three different emotions you've felt.

Three emotions you've felt:

- a. _____
- b. _____
- c. _____



Different Types Of Emotions

EMOTION

TYPES

Happiness



Sadness



Surprise



Anger



Fear



Love



Name three basic human emotions

Happiness



Sadness



Anger





Happiness

You can express happiness by smiling, laughing, and showing enthusiasm through your body language.

**Joy,
Gladness,**

**Delight,
Elation**

Contentment,






Example

"I'm overjoyed by the news!"

"It's a pleasure to meet you."





Anger:

Anger is always a negative emotion. A situation that could make you feel angry is when someone takes your belongings without permission.

Fury

Rage

Wrath

Indignation


Resentment





Some ways to calm down when you're angry

Ways to calm down when you're angry include taking deep breaths, counting to ten, or talking to a trusted adult.





Sadness:

A state of sorrow or unhappiness. You might feel sad when you lose a favorite toy, when a pet is sick, or when someone you care about is upset.



Grief

Melancholy

Despair

Desolation

Gloom



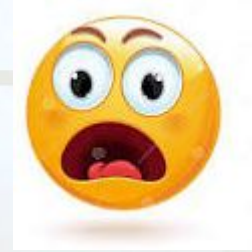
How can you show empathy towards someone who is feeling sad?

You can show empathy by listening to their feelings, offering a comforting gesture, and letting them know you understand.





Fear:



A state of alarm or dread.

Terror

Panic

Fright

Apprehension

Trepidation



Surprise:

A state of astonishment or wonder. Finding an unexpected gift or seeing a friend you haven't seen in a long time might make you feel surprised.

Amazement

Astonishment

Bewilderment

Stupefactio,

Shock




Love:

A feeling of deep affection and care.

Fondness,
Devotion,
Adoration.

Attachment,
Infatuation,



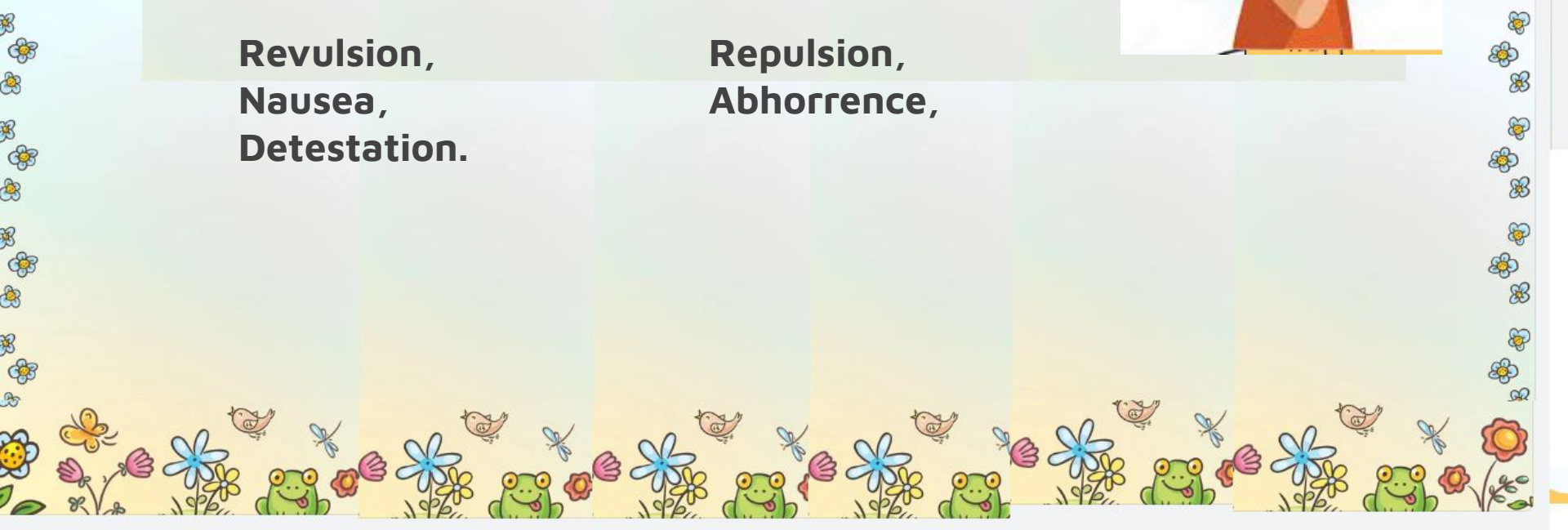


Disgust:

A state of aversion or loathing.

**Revulsion,
Nausea,
Detestation.**

**Repulsion,
Abhorrence,**



Excited

Things like a birthday party, a surprise gift, or a special outing can make someone feel excited.



What's the difference between feeling nervous and feeling excited?

Feeling nervous often comes with worry or anxiety, while feeling excited is more about a positive anticipation and eagerness for something.



Match the emotion with the corresponding emoji.

Joy



Anger



Sadness



Fear



Surprise





Identifying Emotions:

Look at the following situations and circle the emotion that best describes how the person might be feeling.

a. After winning a race: Happy / Sad / Angry

b. When a pet runs away: Happy / Sad / Excited

c. When someone gets a surprise gift: Excited / Angry / Bored

d. When a friend cancels plans to play: Happy / Disappointed / Angry

e. When doing something you love: Joyful / Bored / Afraid



Identifying Emotions

Look at the following situations and identify the emotion being described. Write down the correct emotion for each.

Your best friend surprises you with a gift on your birthday.



Emotion:

Identifying Emotions

Look at the following situations and identify the emotion being described. Write down the correct emotion for each.

You lose your favorite
toy at the park.



Emotion:

A large, empty rectangular box with a teal background and a thin black border, intended for the student to write the emotion.

Identifying Emotions

Look at the following situations and identify the emotion being described. Write down the correct emotion for each.

You win a race against your classmates.



Emotion:

Identifying Emotions

Look at the following situations and identify the emotion being described. Write down the correct emotion for each.

You forget your lunchbox
at home.



Emotion:

A large, empty rectangular box with a light blue background, intended for the student to write the emotion.

Expressing Emotions

You are very excited
about going on a family
trip.

Your Response:



Expressing Emotions

You are feeling sad
because your pet is sick.

Your Response:



Expressing Emotions

You are angry because your friend broke your favorite toy.

Your Response:



Share Your Emotions:

Talk to a family member or a friend about a time when you felt a strong emotion. Describe what happened and how you felt.



Thank for connecting us.

