

Name: _____

VOCABULARY **Excited** (adj.) very enthusiastic or eager about something

WARM-UP

List of emotions: _____

THINK, TURN, TELL

I have emotions because _____.

VIDEO GUIDE

Emotions are important because _____.

It's _____ to feel strong emotions.

Emotions can be helpful, but they can also cause you to make _____.

Emotions are either good or bad. True False

Your emotions control your actions. True False

CLASS DISCUSSION

PART 1: Feeling excited can help me make good decisions by _____.

PART 2: Feeling excited can cause me to make bad decisions by _____.

ACTIVITY

Emotion: _____

Good Decisions

Bad Decisions

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

WRAP-UP

Use the back of this paper to complete your skit, sentences, or flowchart.