# EKKO

**3 TERVEYTTÄ JA HYVINVOINTIA**

**4 HYVÄ KOULUTUS**

# Feelings Made Visible

## LÄMMITTELYTEHTÄVÄ

1. Think about how you feel right now.
2. Choose an emoji that shows your feeling and draw it in the frame.
3. Exchange drawings with your partner.
4. Describe your partner's feeling in the box below based on the emoji.
5. Read your partner's feeling aloud.
   - Your partner can correct it if needed.

Happy 😊
Joyful 😄
Calm 😌
Relaxed 😎
Excited 🤩
Relieved 😅
Uncertain 😐
Confused 😵
Exhausted 😫
Sleepy 😴
Focused 🧐
Sad 😢
Disappointed 😞
Worried 😟
Anxious 😰
Angry 😠
Furious 😡
Ashamed 😳

**I. How can you express the following feelings in English?**
- Write a full sentence under the emoji, for example:
  - *I am happy. I am disgusted.*

**disgust**

**infatuation**

**dissatisfaction**

**anger**

**worry**

**sadness**

**melancholy**

**flirt**

**confusion**

**surprise**

**exhaustion**

**misery**

# OPPIMINEN JA MUUTOSTOIMIJUUS

1. Reflect in your group: how do you act when you experience the feelings listed below.
2. Choose three feelings from the list.
3. Create a feeling plan using the worksheet on the last page.

anger – rage – frustration – irritation – dissatisfaction – fed up – apathy – unwillingness – jealousy – distrust – fear – anxiety – nervousness – shame – disappointment – melancholy – sorrow – hopelessness – loneliness – exhaustion – tiredness – boredom – indifference – curiosity – interest – gratitude – love – affection – contentment – pride – good mood

# REFLEKTIOTEHTÄVÄ

1. Write down a negative feeling you are carrying with you right now in English on a small piece of paper.
2. Under the feeling, write a feeling plan in English:
   ○ How can I ease this negative emotional state?
3. Tear the paper into small pieces and let go of the negative feeling.

# FEELING PLAN

**Feeling**

**What do I usually do or want to do when I feel this way?**

**What is my responsibility?**
(You cannot choose your feelings, but you can choose your actions.)

**New action plan**: How can I act in this situation?