



## LESSON HANDOUT

### Feelings Scenarios

**SCENARIO:** You just got a good grade on a test. Feelings: cheerful, delighted, ecstatic, excited, jubilant, thrilled, pleased, amazed, shock, astounded, unexpected

**SCENARIO:** You just got a bad grade on a test. Feelings: unhappy, heartbroken, dismal, pessimistic, dejected, distraught, livid, rage, objection, bewildered

**SCENARIO:** Your friend just threw up in the hallway. Feelings: revulsion, compassion, devotion, upset

**SCENARIO:** You cannot get your friend to understand your point of view. Feelings: frustrated, distraught, exasperated, troubled

**SCENARIO:** You look really good in your outfit today. Feelings: confident, joyful, peppy

**SCENARIO:** You hate what you are wearing today. Feelings: detest, distraught, glum

**SCENARIO:** You just won a tournament but do not want to brag. Feelings: in high spirits, satisfied, thrilled

**SCENARIO:** You think everyone is talking about you. Feelings: anxiety, concern, unease

**SCENARIO:** Your parents will ground you if you do not get an A. Feelings: dread, panic, bitter

**SCENARIO:** You have no friends in your lunch period. Feelings: lonely, unhappy, abandoned

**SCENARIO:** You do not feel like talking to anyone today. Feelings: melancholy, depressed

**SCENARIO:** Your arm hurts you because you got stitches. Feelings: hurt, pain, down

**SCENARIO:** You did a great job, but no one notices. Feelings: resentful, infuriated, grieved

**SCENARIO:** You have no feelings and do not care about anything. Feelings: despondent, depressed, pain

**SCENARIO:** You think everyone is stupid. Feelings: loathing, dislike, angry

**SCENARIO:** You know you make people laugh a lot. Feelings: playful, appreciation, enjoyment

**SCENARIO:** You have so many ideas for the art project. Feelings: creative, excited, blissful

**SCENARIO:** You found a present for you on your desk. Feelings: curiosity, unexpected, overjoyed

**SCENARIO:** You are eating your favorite food. Feelings: glad, very strong liking, blissful

**SCENARIO:** They stopped making your favorite candy. Feelings: unforeseen, wistful, bewildered