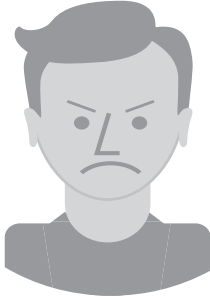




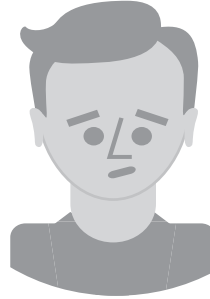
MAD



AFRAID



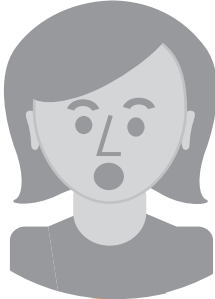
ASHAMED



GLAD



SURPRISED



ENRAGED



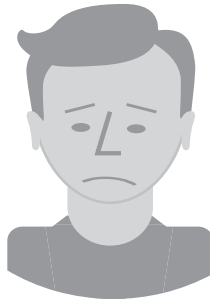
SILLY



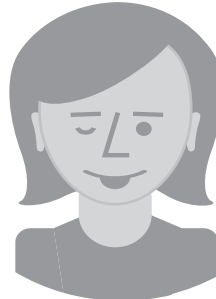
SAD



DISAPPOINTED



MISCHIEVOUS



AGGRESSIVE



LONELY



CONFUSED



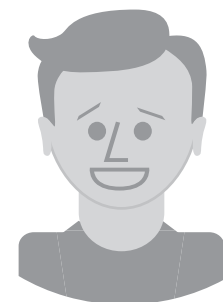
JEALOUS



ECSTATIC



JOYFUL





Roll one, two, or three dice. After you roll, add up all the numbers on the dice then share an emotion and event in your life that corresponds to that feeling. Once you complete this pass the dice to the next person. If you roll the number six you can choose an emotion and feeling to share.

“I feel ____ (emotion), when ____ (event or behavior).”

1-INSIGNIFICANT	2-REMORSEFUL	3-LOVED
4-APPRECIATED	5-SCARED	6-OPEN
7-DEFENSIVE	8-EMBARRASSED	9-UPLIFTED
10-ANXIOUS	11-COURAGEOUS	12-VIOLATED
13-ADORED	14-GRATEFUL	15-OPTIMISTIC
16-REVENGEFUL	17-IGNORED	18-ANGRY

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Feelings and Emotions

Name: _____

1. What are feelings?

2. Is it healthy or unhealthy to share with someone how we feel? Explain your answer.

3. What do we learn about ourselves and others when we share our feelings?

4. Create a few scenarios that you shared from today

a. I feel _____ (emotion), when _____ (event or behavior)

b. I feel _____ (emotion), when _____ (event or behavior)

c. I feel _____ (emotion), when _____ (event or behavior)

d. I feel _____ (emotion), when _____ (event or behavior)

