

# EMOTIONS SORT

## Emoticons and Body-Language

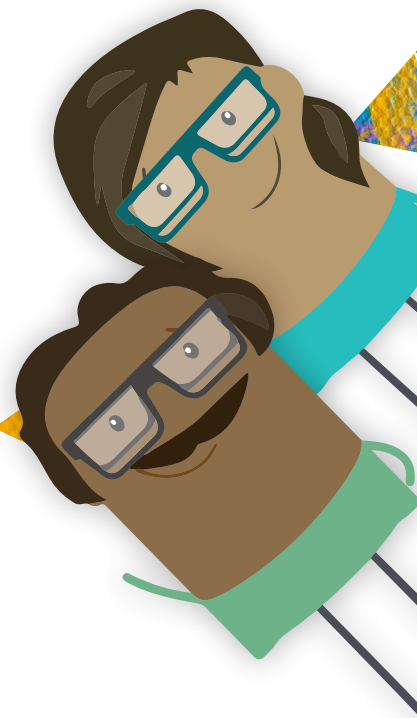
Our bodies reveal our emotions in many different ways – these emoticons just reveal one way in which our bodies speak without any words.

Our faces show many variations on these basic emotions, but so do our arms, our legs and the way we stand, walk or react to people and events. Sometimes the words we speak and our body-language say different things or even opposite things.

Even your dog will know from your body-speak or body language if you are happy, angry or afraid.

**CHALLENGE:** Use your face and your body to mime these emotions and see if your friends can tell you what emotion you are expressing.

By learning to read body language, you will have a really good understanding of yourself and your family and friends.



HAPPY



SAD



ANGRY



ASHAMED



AFRAID



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## Shades of Meaning

If you imagine the colour blue, you might think of the ocean, the sky, a sapphire or the eyes of a friend. Colours have many shades. Cobalt, azure, navy, indigo, aquamarine, royal are all words which describe a different shade of the colour blue.

Though there are five groups of emotions, each group has many words and each word has its own shade of meaning.

Here is long list of words – many of them are long and complex, but by learning what they are, they will help you understand how complex your emotions really are. See if you can put each word in this list into one of the groups below. You might even think of some that we have not included or find that some words may fit in more than one group.

**CHALLENGE:** Colour each group the colour you think best fits the group.

|             |                |              |              |                |
|-------------|----------------|--------------|--------------|----------------|
| excited     | glum           | forlorn      | despondent   | thrilled       |
| shy         | apoplectic     | chuffed      | delighted    | broken-hearted |
| ecstatic    | reticent       | nervous      | unhappy      | enraged        |
| furious     | overjoyed      | guilt-ridden | blushing     | insecure       |
| scared      | timid          | shy          | cranky       | cross          |
| embarrassed | fearful        | content      | blue         | rattled        |
| crestfallen | self-conscious | mortified    | tickled pink |                |

| HAPPY | SAD | ANGRY | ASHAMED | AFRAID |
|-------|-----|-------|---------|--------|
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