**INSTRUCTIONS FOR RESOURCE**

The purpose of this activity is to facilitate discussion with clients about physiological and behavioral indicators of different emotions. Use the following questions in conjunction with the worksheet on the following page, and make notes of the client’s responses in the corresponding quadrant. Boxes are set up as text boxes, so that if you click inside the box you can enter text.

* How would you know that you are feeling\_\_\_\_\_\_\_\_\_\_?
* How would I know that you are feeling \_\_\_\_\_\_\_\_\_\_?
* How would you know that another kid is feeling \_\_\_\_\_\_\_\_\_?
* When I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (action).
* When I’ve seen other kids who are \_\_\_\_\_\_\_\_\_\_\_\_\_(feeling), they sometimes \_\_\_\_\_\_\_(action).

A young boy wearing a black shirt and smiling at the camera

Description automatically generatedA young boy who is smiling at the camera

Description automatically generated

**Happy**

**Sad**

A person sitting in a car

Description automatically generatedA close up of a baby

Description automatically generated

**Mad**

**Scared**