

**Emotional Mix and Match**

Discuss the scenarios below and choose which emotions you think the individual is feeling. You can choose any of the emotions below or use your own ideas.

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| Happiness | Sadness | Excitement | Nervousness |
| Anxiety | Fear | Courage | Gratitude |
| Confusion | Empathy | Curiosity | Determination |
| Stress | Relief | Frustration | Helplessness |
| Optimistic | Confidence | Anticipation | Homesick |

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| **Scenario** | **Emotions?** |
| Person A has recently moved to a new town and is starting at a different school where they don't know anyone. |  |
| Person B decides to try something new, by joining a choir. They enjoy singing at home but have never sung in public. |  |
| A family member of Person C has died, they were very close to them. |  |
| Person D’s family relocates to a different city or country. |  |
| Person E has got a new teacher who they don’t get along with. |  |
| Person F has recently been diagnosed with ADHD. |  |
| Person G has to change their diet due to a food allergy. |  |