

RSE DAY

Celebrating relationships & sex education

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.

Happiness
Anxiety
Confusion
Stress
Optimistic

Sadness
Fear
Empathy
Relief
Confidence

Excitement
Courage
Curiosity
Frustration
Anticipation

Nervousness
Gratitude
Determination
Helplessness
Homesick

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.	