



Name: _____.

Grade: _____. Group: _____. Date: _____.

Read and answer the questions.

1. **Why** do people have feelings?

_____.

2. **Can you** notice your emotions easily?

_____.

3. **Do** people **have** emotions all the time?

_____.

4. **What is** a feeling? **How does** it work in the body?

_____.

5. **Why** is it important to recognize feelings/emotions?

_____.

6. **How can** fear help people? Explain.

_____.

7. Mention at least four things from noticing your emotions that can help you.

_____.

8. **How can** you **identify** different emotions?

_____.

9. **What is** your conclusion about noticing your emotions?

_____.

10. What happens when you **know** your emotions better? **Why?**

_____.

