



Situations to Use for Identifying Mixed Emotions

The italicized words are sample answers from the game cards. Since people's feelings vary in different situations, students might choose other emotions. If a student mentions a feeling that seems unusual, ask him or her to describe the way that feeling fits for the situation.

1. Ashley's dad just told her they are going to eat dinner at Grandma and Grandpa's house. She loves to visit them. They play games and read stories. But she'll miss a TV show she really wants to see. What two feelings might Ashley have?

Card 1: *Happy, interested, sad, angry, unsure*

Card 2: *Glad, mad, upset, excited*

Card 3: *Helpless, willing, normal*

Card 4: *Loved, stuck, confused*

2. Joseph likes to play soccer. He tries hard to be a good player, but he thinks the other students play better than he does. During a game, the score is tied. Joseph has a chance to make a goal. What two feelings might Joseph have?

Card 1: *Scared, unsure, helpful, happy*

Card 2: *Worried, jumpy, excited, jealous*

Card 3: *Tense, willing, surprised*

Card 4: *Stuck, shy, ashamed, calm*

3. Taylor used to be the only child her parents had. She likes to spend lots of time with them. Last week her mom and dad brought a new baby home. Now Taylor is a big sister. What two feelings might Taylor have?

Card 1: *Happy, interested, left out, scared, unsure, helpful, busy*

Card 2: *Glad, excited, jealous, quiet, amazed, worried*

Card 3: *Proud, willing, puzzled, surprised, tense*

Card 4: *Friendly, loved, confused, shy, calm*

4. Matthew likes talking to his mom when he gets home from school. She makes snacks for him. One day she says she is going back to work to help make more money. Matthew's older sister will take care of Matthew until their mom or dad gets home. What two feelings might Matthew have?

Card 1: *Sad, angry, unsure, scared, happy, helpful*

Card 2: *Upset, mad, worried, glad, amazed*

Card 3: *Helpless, irritated, surprised, willing*

Card 4: *Confused, stuck, furious*

5. Sophie just got a new video game. She took it to school to show her friends. At the end of the day, she couldn't find it. The next day after lunch her game was sitting on her desk. Next to it was a note that said, "Josh took it, but I got it back." What two feelings might Sophie have?

Card 1: *Angry, sad, happy*

Card 2: *Mad, upset, amazed, glad*

Card 3: *Irritated, surprised, puzzled*

Card 4: *Furious, confused*

6. Michael's oldest brother, Tyler, played with Michael a lot. Tyler just moved away to college. Now Michael will sleep in Tyler's old room instead of sharing a room with his other brother. Michael will have his own room for the first time. What two feelings might Michael have?

Card 1: *Happy, unsure, sad, scared*

Card 2: *Glad, excited, worried, jealous*

Card 3: *Proud, willing, surprised, lonely*

Card 4: *Loved, confused*