



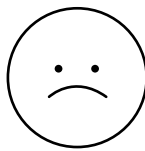
Reading Faces Worksheet

Directions:

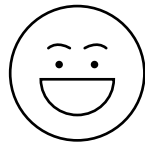
Ask the client to draw a line from the faces on one side of the sheet to the appropriate emotion on the opposite side. Once they identify the emotion, ask clarifying questions, and support them through collaborative problem solving.

Use this as an opportunity to teach coping skills, such as breathing, taking a moment, etc.

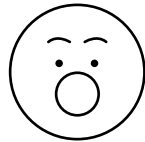
Draw a line from the face to the matching emotion.



EXCITED



SAD



ANGRY



HAPPY



SILLY



SURPRISED



FRIGHTENED or AFRAID



List of Emotions

Directions: Circle the emotions that most resonate with you to describe your experience.

Amazed	Admiration	Adoration	Aesthetic
Appreciation	Amusement	Anger	Annoyed
Anxiety	Awe	Awkwardness	Boredom
Lost	Calmness	Confusion	Comfortable
Craving	Disgust	Empathetic	Pain
Entrancement	Excitement	Fear	Horror
Interest	Irritated	Jealous	Joy
Nostalgia	Terrified	Trapped	Relief
Romance	Sadness	Satisfaction	Sexual Desire
Surprise	Worried	Worthless	Nervous
Motivated	Energetic	Inadequate	Stupid
Silly	Tense	Suspicious	Content
Depressed	Eager	Loving	Resentful



Emotions Wheel

Directions: Using the wheel, identify the basic emotion in the middle, then move toward the edge of the wheel to identify a specific emotion.

