HerPower

Empowering Growth, Inspiring Change

The Happiness Workshop

Emotional Awareness

Day 1

Name:_____

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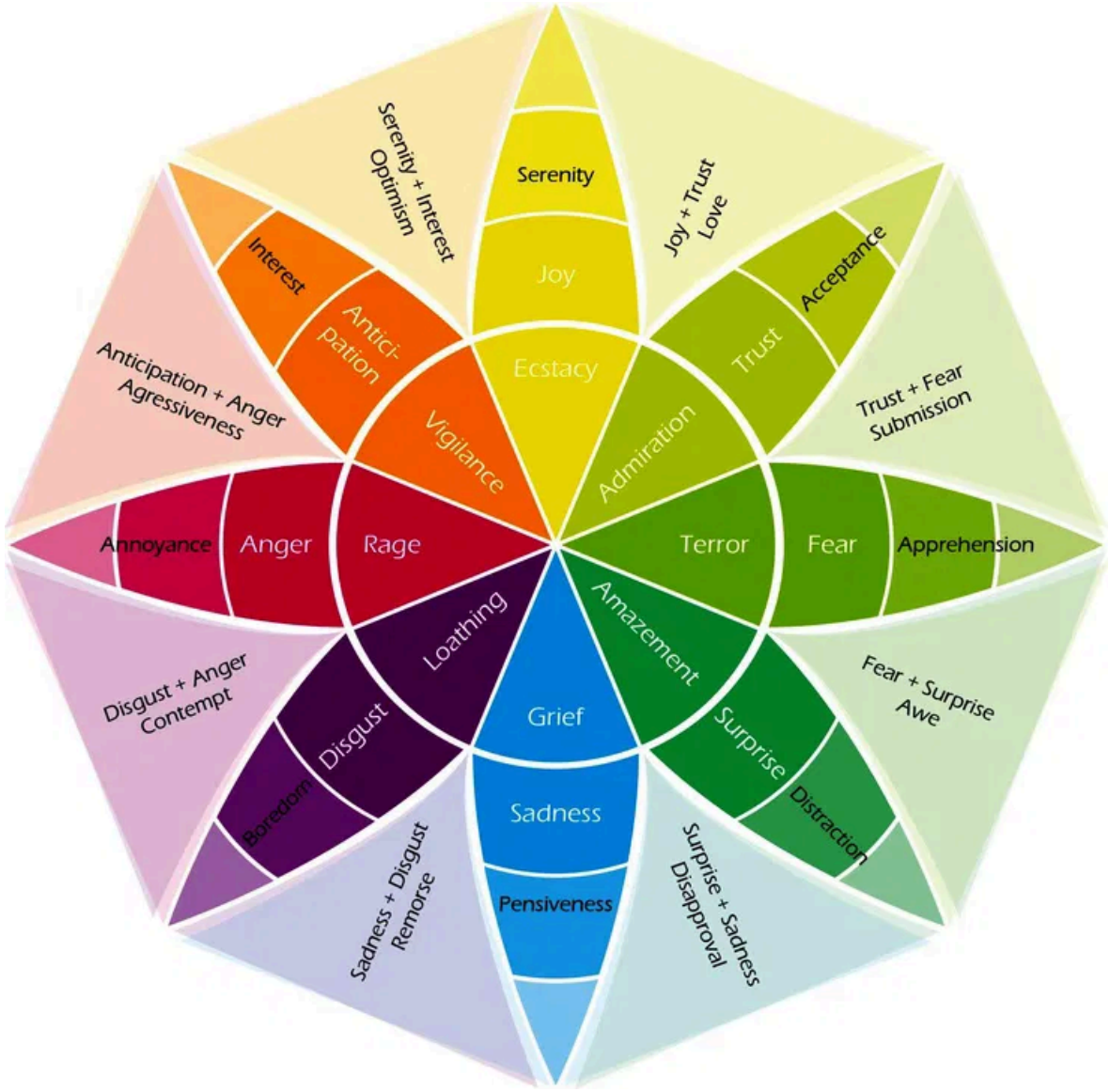
1. Why Do I Feel This Way?

Talk about a moment when you felt a strong emotion. What happened? What emotion did you feel? Why?

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_____

2. Understanding Emotions with Plutchik's Wheel



3. Definitions of Emotions

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As we go through the slides, write down a time when you felt each of the 8 main emotions. You can jot down a short sentence, draw something, or use colors or symbols to express how you felt.

🟡 Joy – A time I felt truly happy:	🟢 Trust – A time I felt safe or supported by someone:
🔵 Fear – A time I felt scared or worried:	🟣 Surprise – A time something unexpected happened:
🔵 Sadness – A time I felt down or disappointed:	🟤 Disgust – A time I reacted with “eww!” or felt uncomfortable:
🔴 Anger – A time I felt mad or that something was unfair:	🟠 Anticipation – A time I was excited or nervous about something:

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4. Craft Time – Emotion Mask

Design your own emotion mask!

Front: What you usually show others.

Inside: What you actually feel sometimes.

Use colors, patterns, shapes to express emotions.

Draw your ideas or write them below:

_____

_____

_____

5. Reflection & Closing

Gallery Walk: Leave a kind comment on someone's mask or sculpture.

Which one inspired you the most and why?

_____

_____

_____

_____

Closing Prompt:

What's one emotion you're more aware of now after today's session? And what stuck with you the most?

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