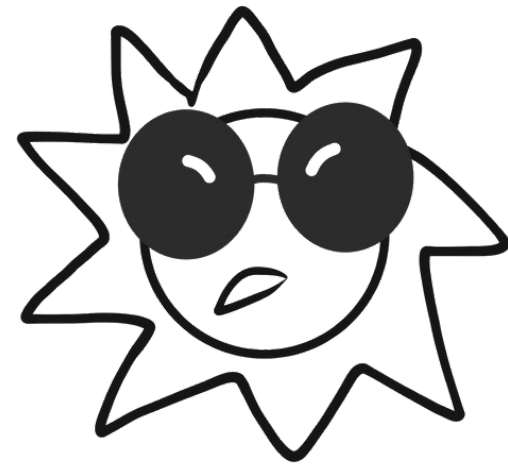


Emotions are:

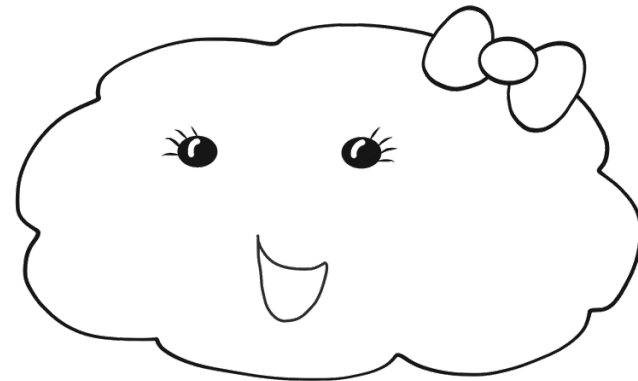
**A PERSON'S (OR CHARACTER'S!)
INNER FEELINGS!**



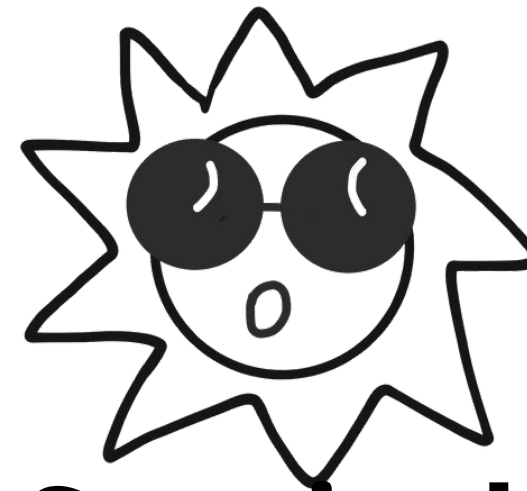
Calm



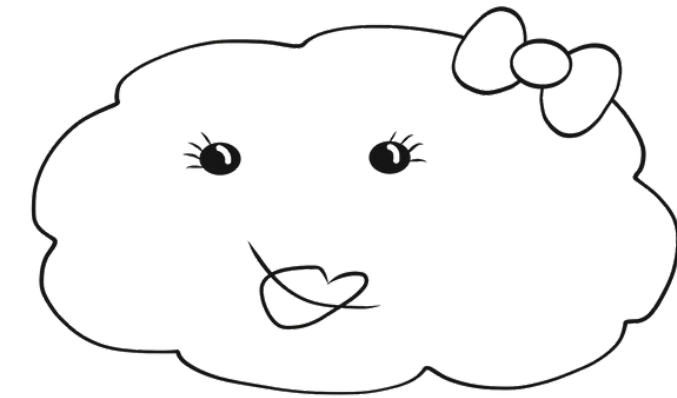
Angry



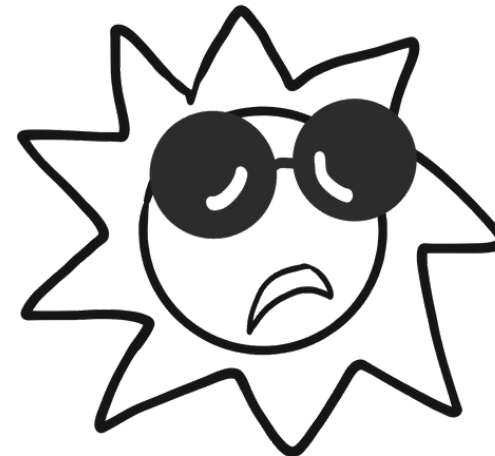
Happy



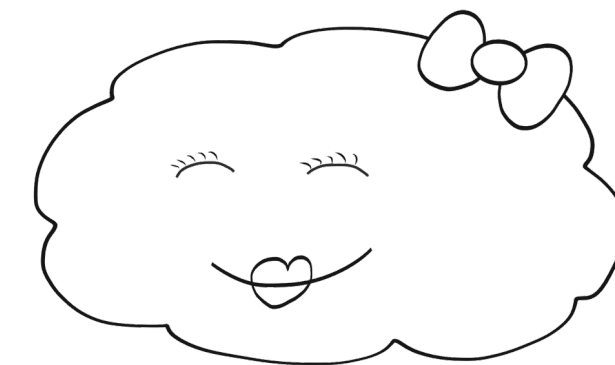
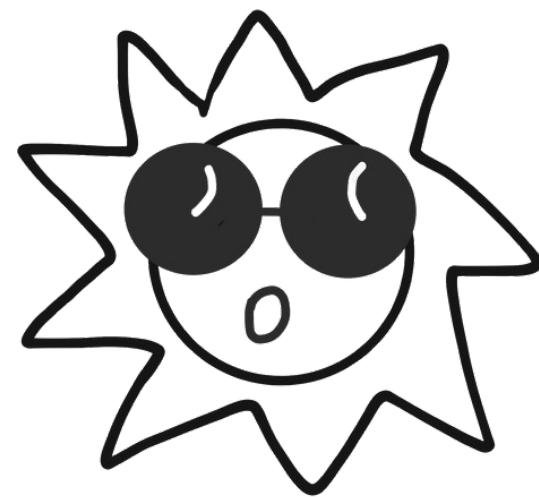
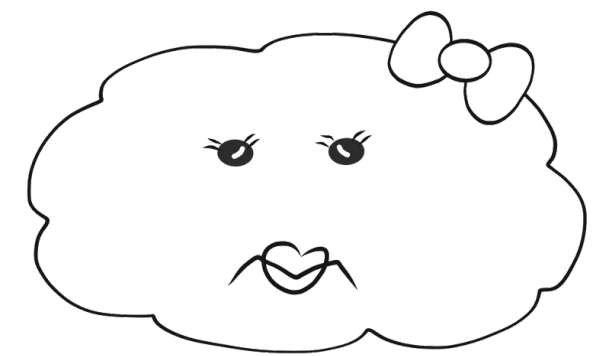
Surprised



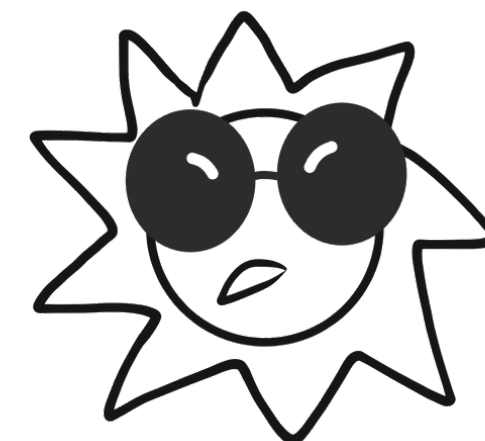
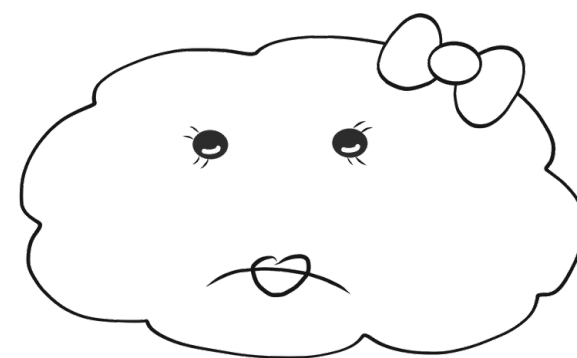
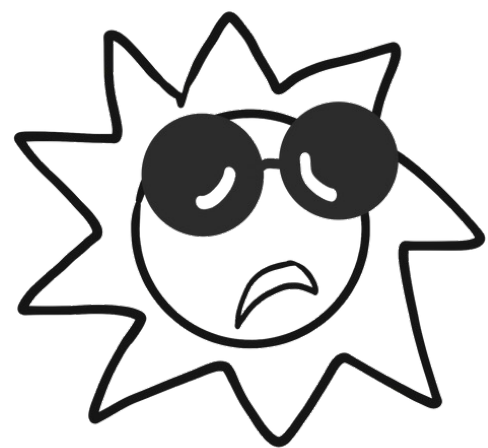
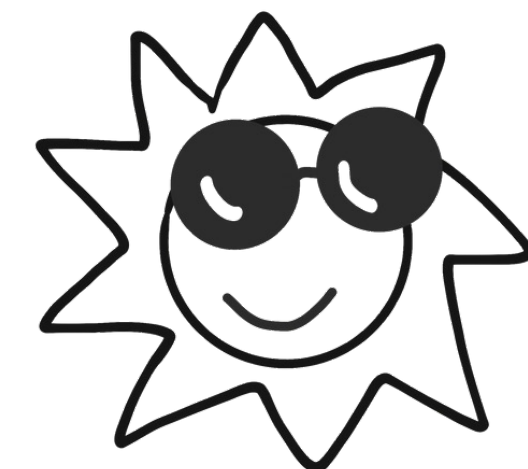
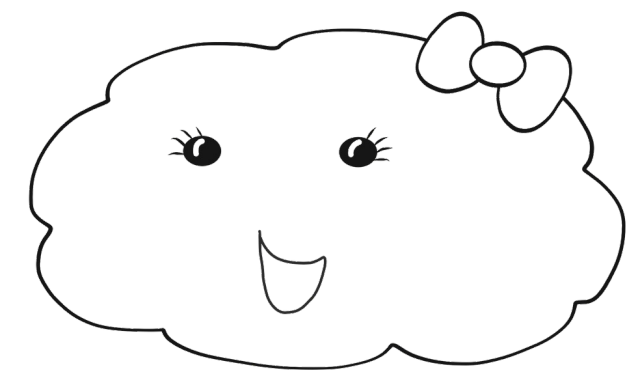
Proud



Sad



Can you name some
other emotions?



**DANCE
ALONG**



MOOD



WALK



GoNoodle.

We show emotions by:

- How we use our voices

(WE CAN SAY SIMPLE THINGS ALL KINDS OF WAYS!)

- Our body language

(HOW WE MOVE OUR ARMS, HOW WE WALK)

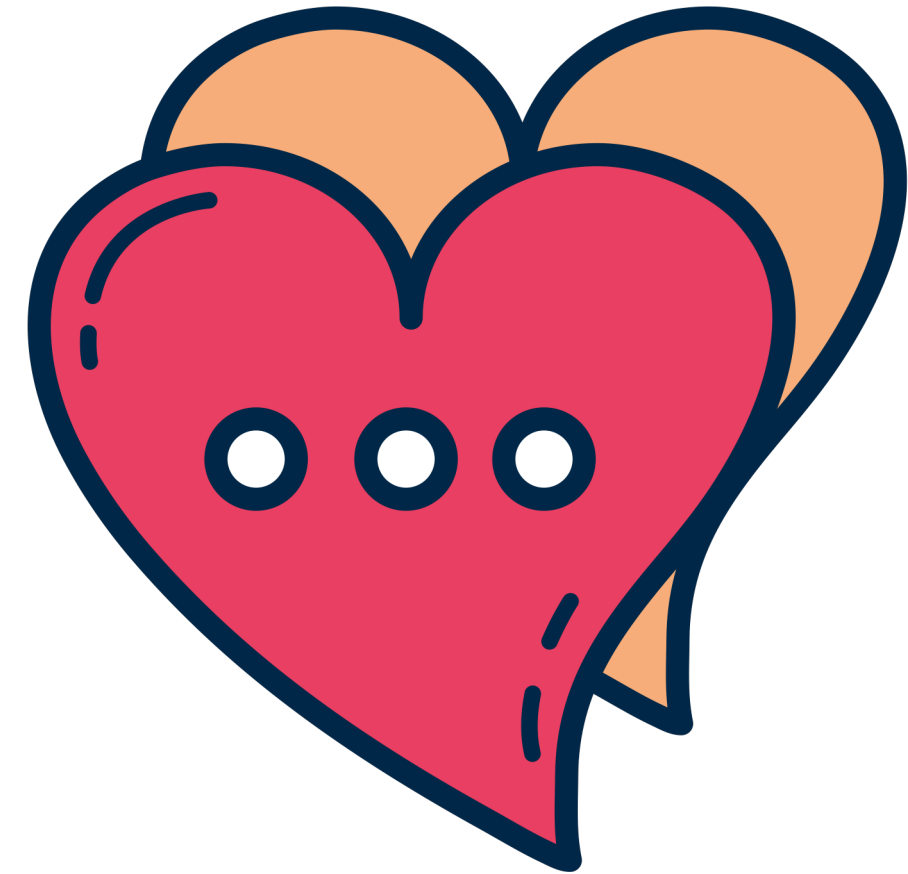
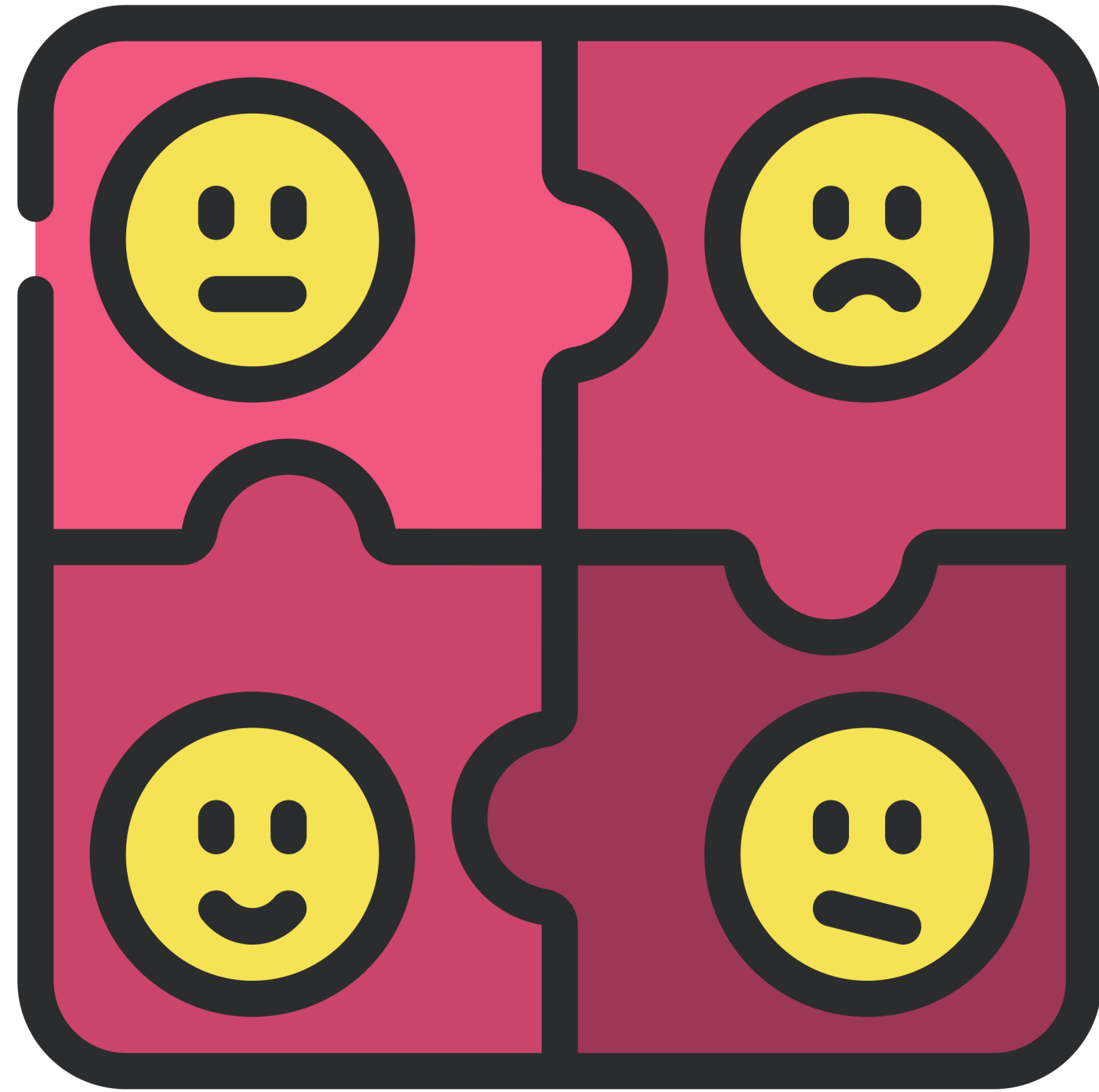
LET'S TRY IT!

THERE'S LOTS OF WAYS TO SAY THESE THREE WORDS:

**It's Snowing
outside!**

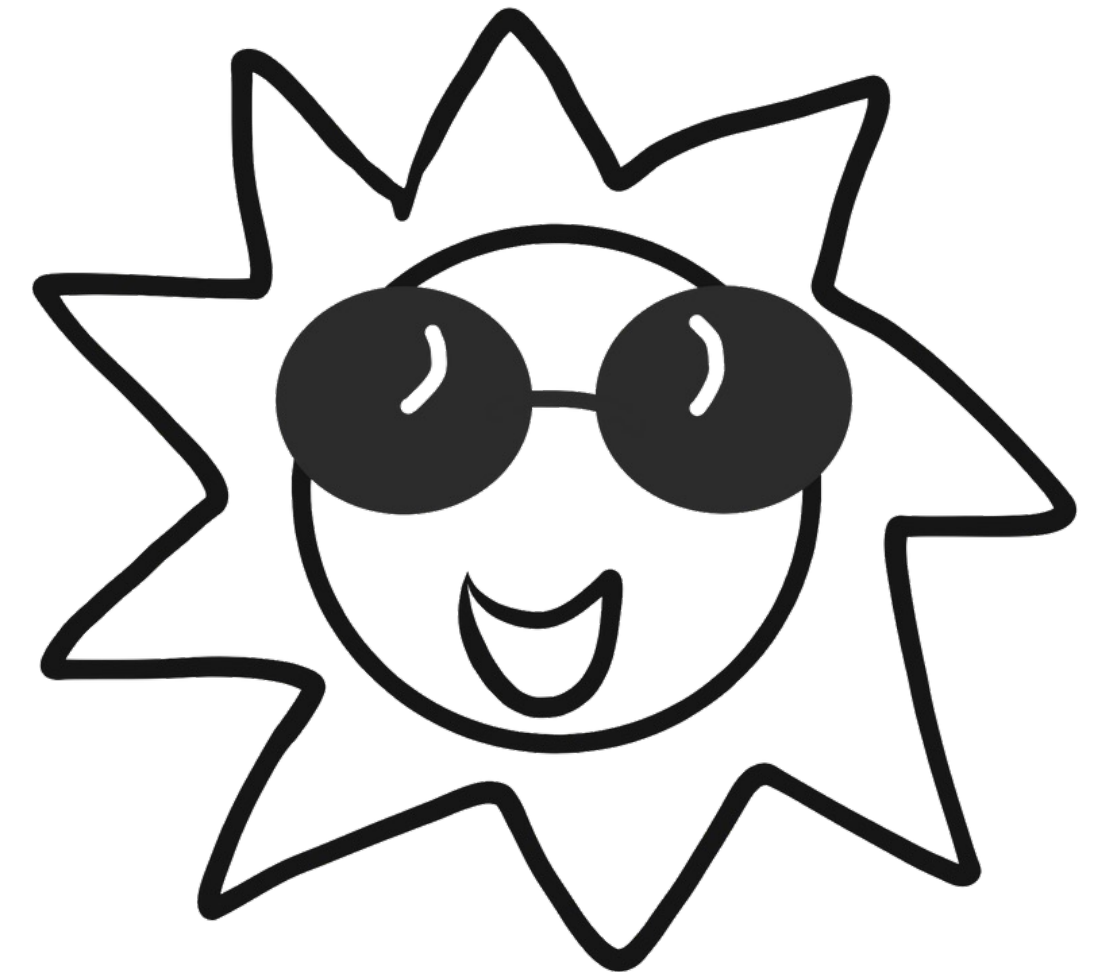
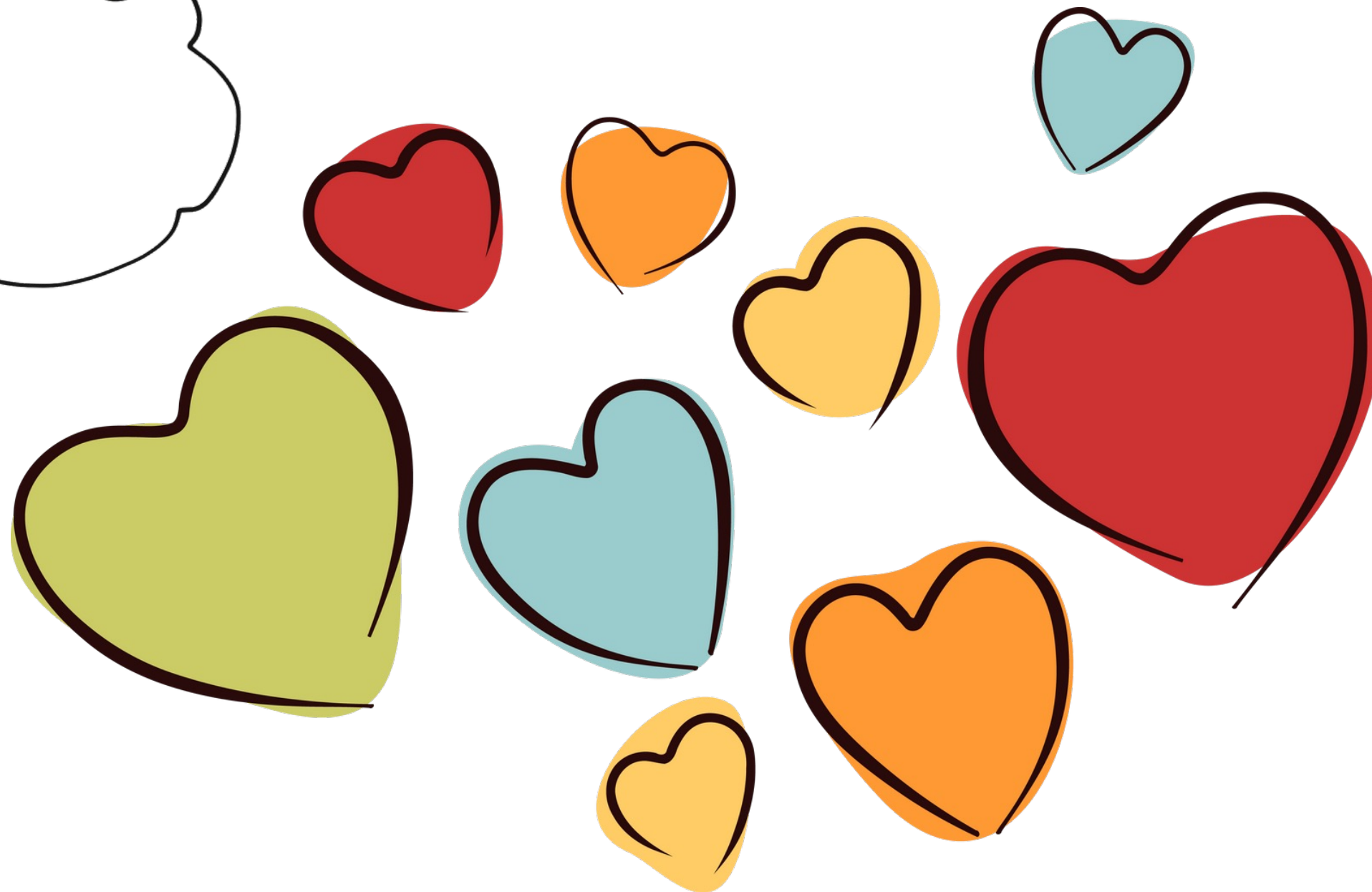
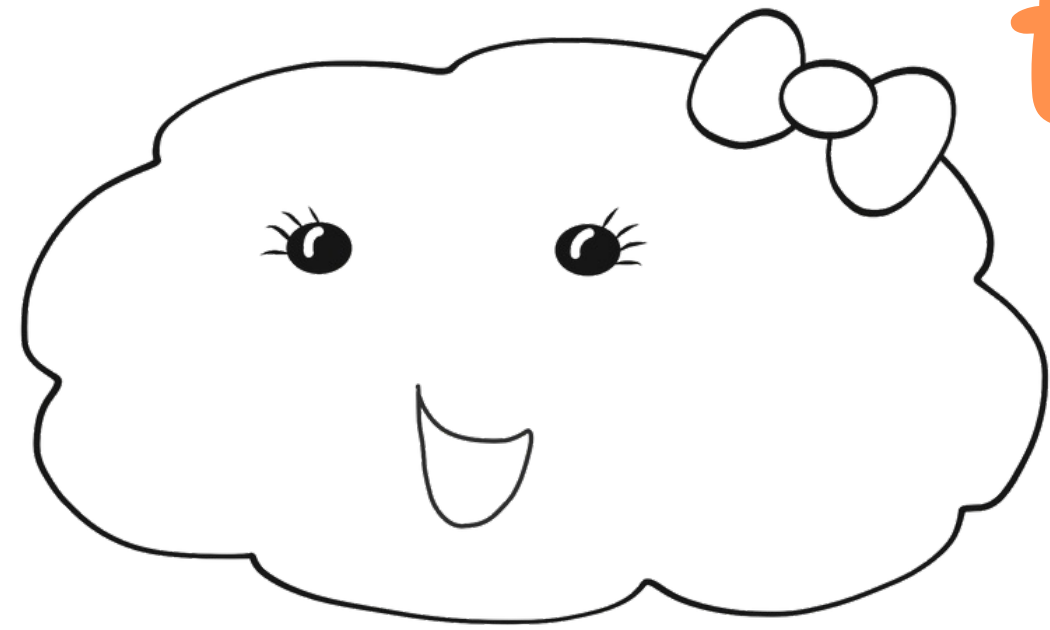
**LET'S USE OUR IMAGINATIONS, OUR VOICES, AND OUR
BODY LANGUAGE IN A FEW DIFFERENT WAYS TO SHOW
DIFFERENT EMOTIONS!**


EMOTIONS AND ACTIONS CAN WORK TOGETHER!



When they do, they help us express ourselves!

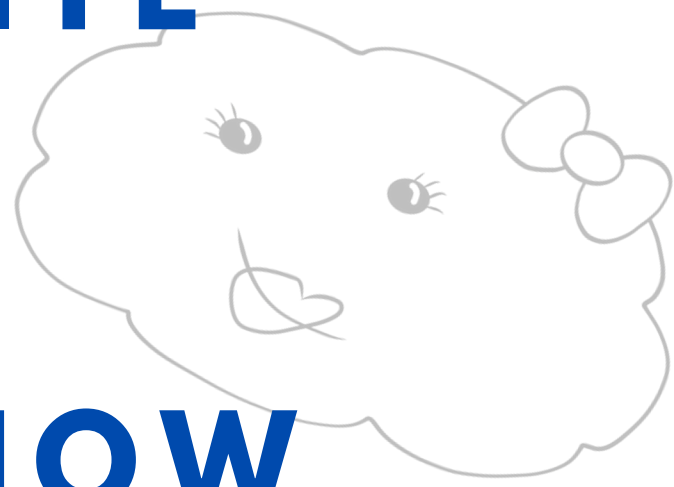
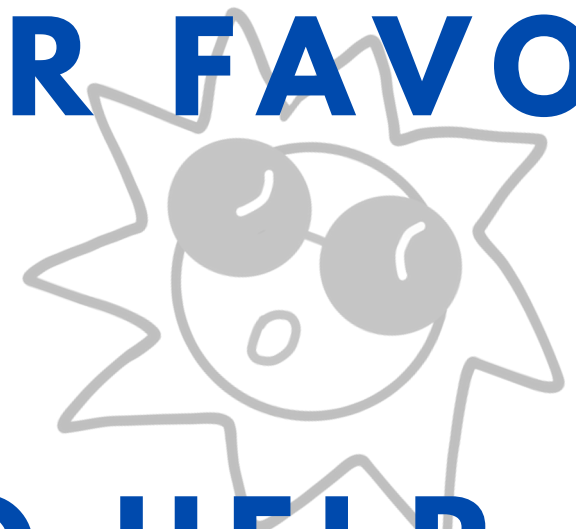
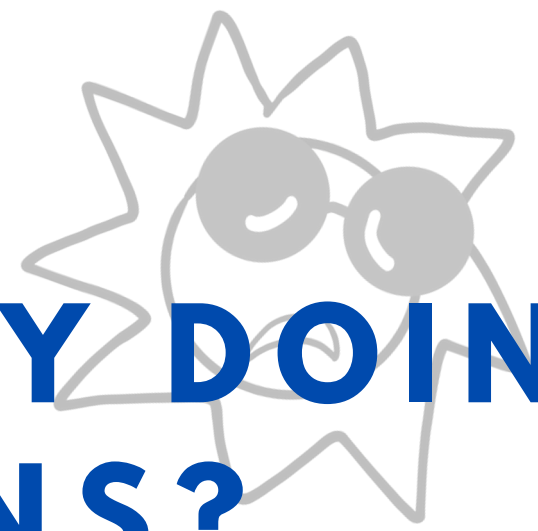
Understanding our own emotions, and talking about them, is a great way to take care of ourselves!





EMOTIONS and OUR FAVORITE CHARACTERS:

- **THINK ABOUT HOW YOUR FAVORITE CHARACTER FEELS IN YOUR FAVORITE STORY.**
- **WHAT ARE THEY DOING TO HELP SHOW THEIR EMOTIONS?**



Actors show emotion by...



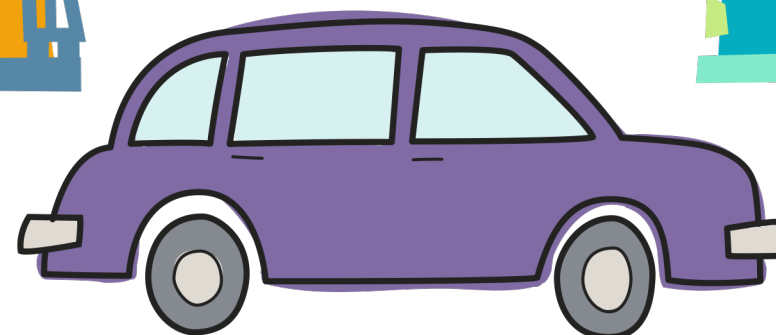
Looking at a story really carefully. They take a lot of time to read and study!



Then, they do their best to understand how a character feels!

When actors show emotion on a stage, or on TV, or in a movie, they move the story in a certain direction!

Their emotions help us understand what's going on!

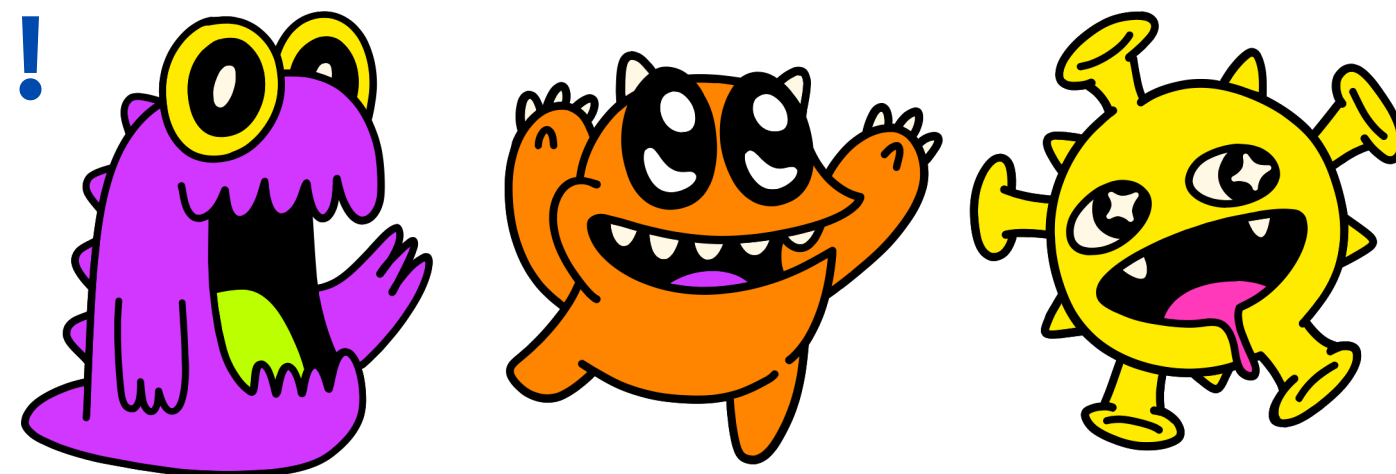


Understanding emotions in a story can help us understand emotions in real life!

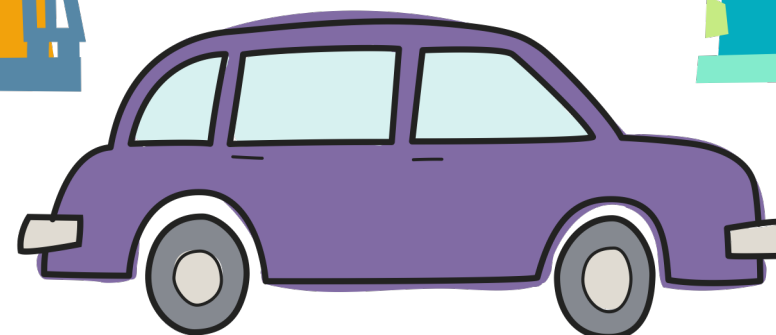
- IF A CHARACTER FEELS ANGRY, IT MIGHT HELP US UNDERSTAND HOW WE FEEL, THE NEXT TIME WE FEEL ANGRY.



- IF A CHARACTER FEELS JOYFUL OR HAPPY, WE MIGHT FEEL HAPPY WITH THEM!



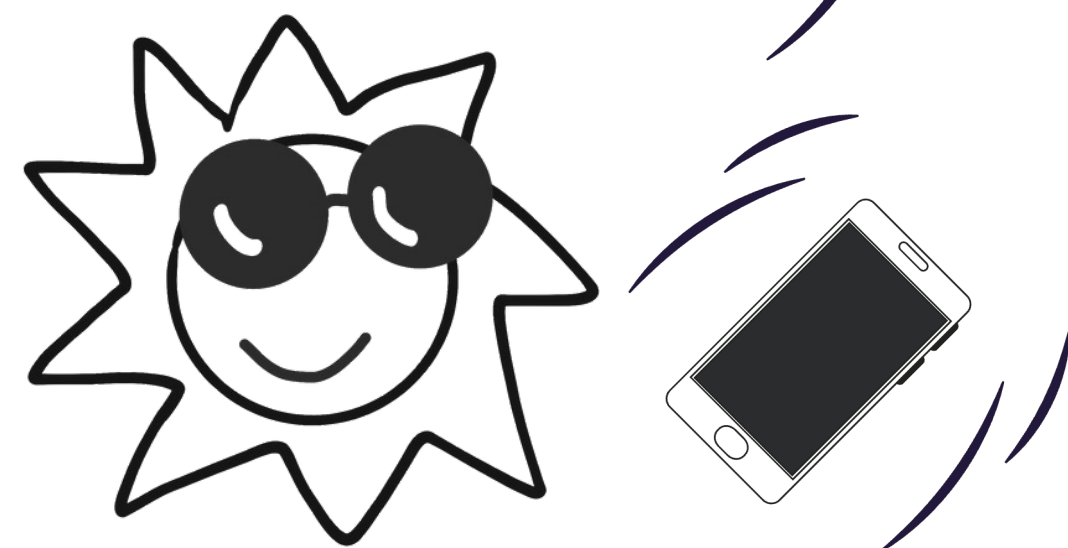
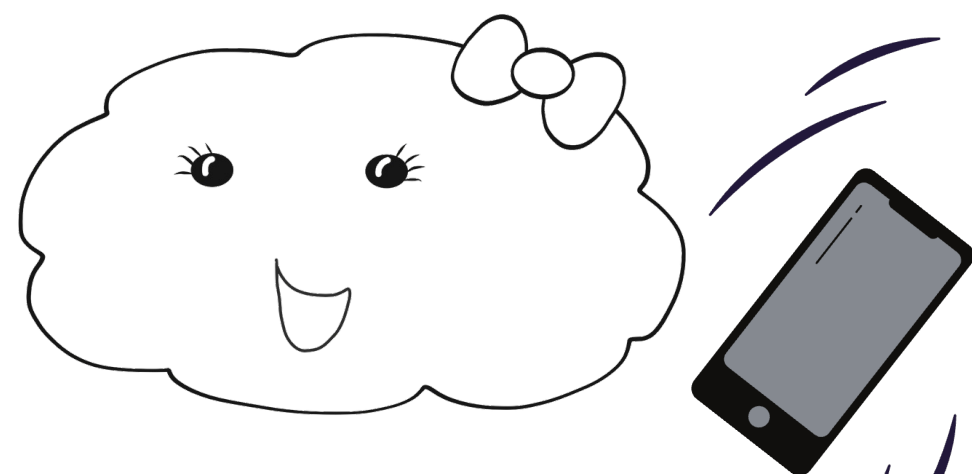
Let's try moving a story
along...using EMOTIONS!
YOU GET TO DRIVE THE STORY, and
decide which direction we go in!



One evening, Cloudy and Sunny decided to make plans to hang out the next day.

The weather was supposed to be really nice!

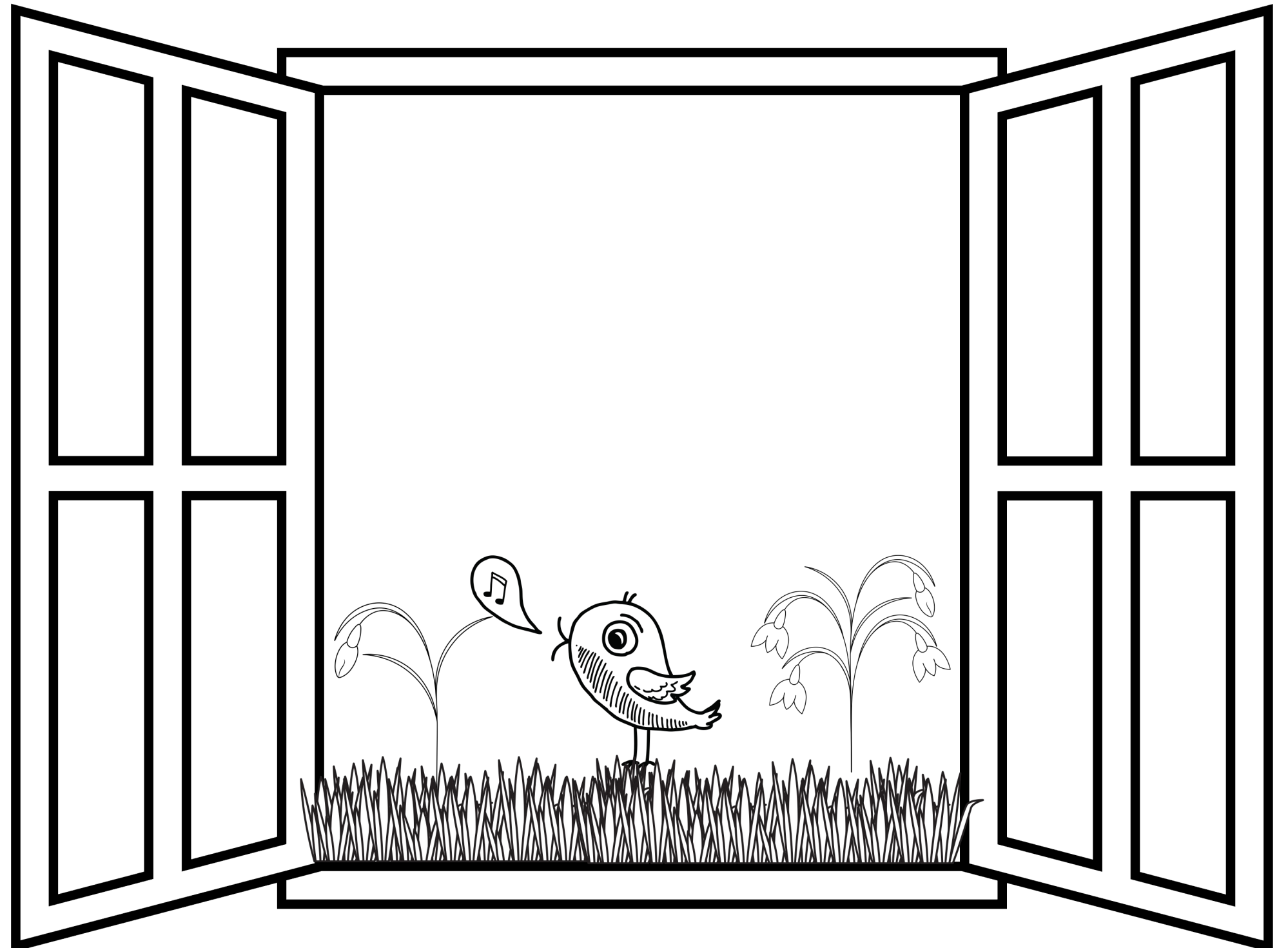
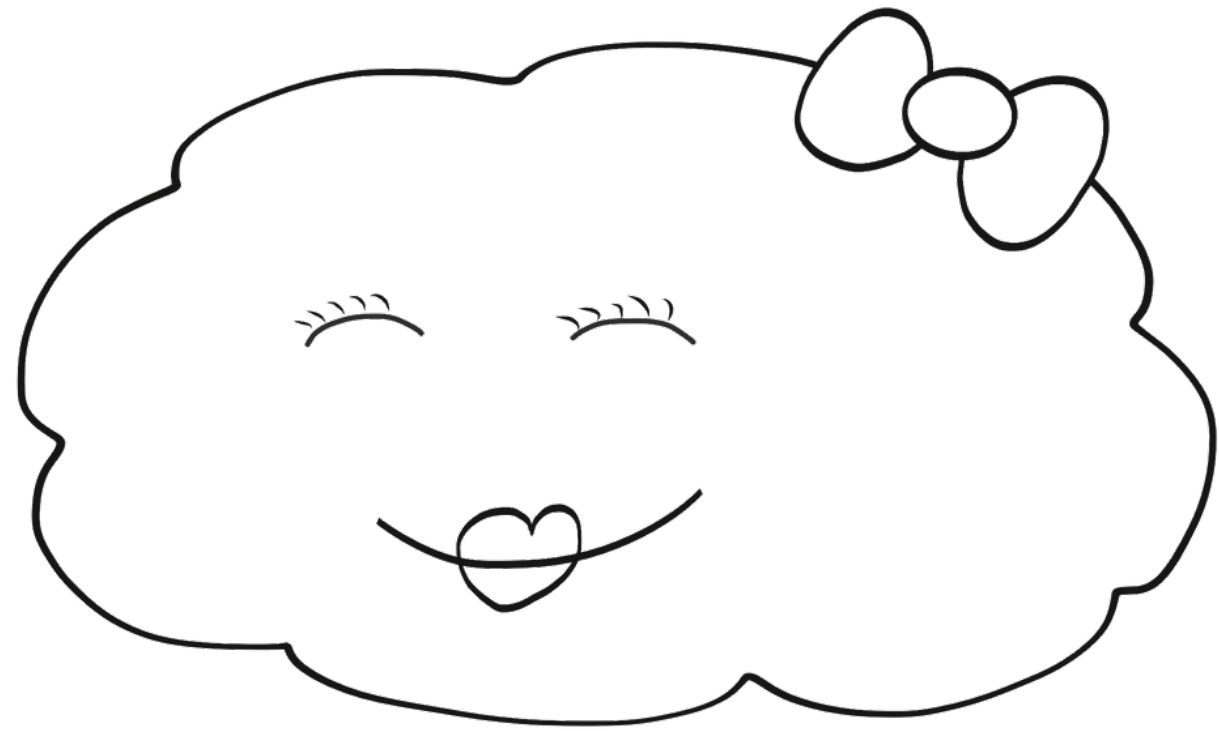
They made plans to meet at their favorite park, next to the swings.



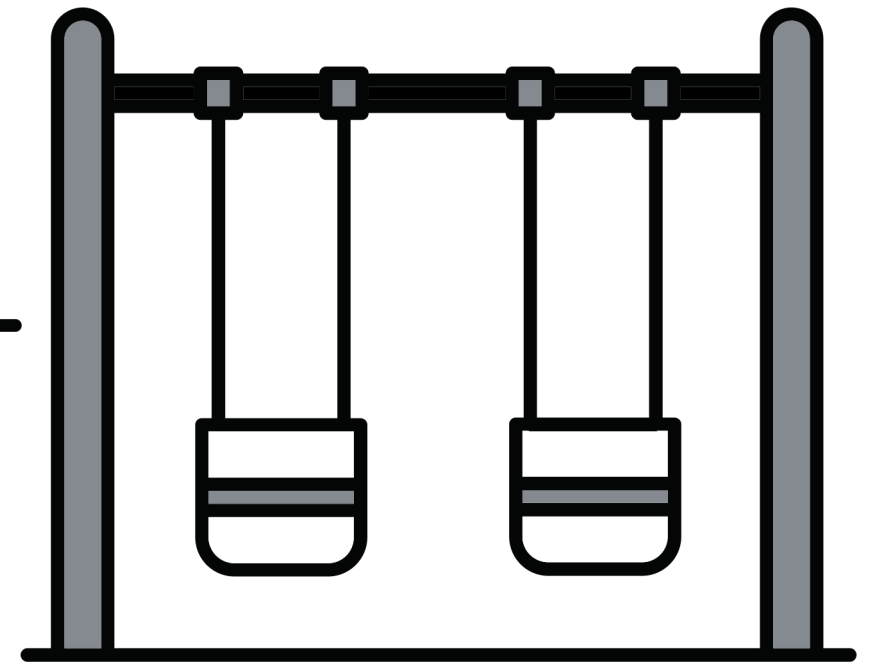
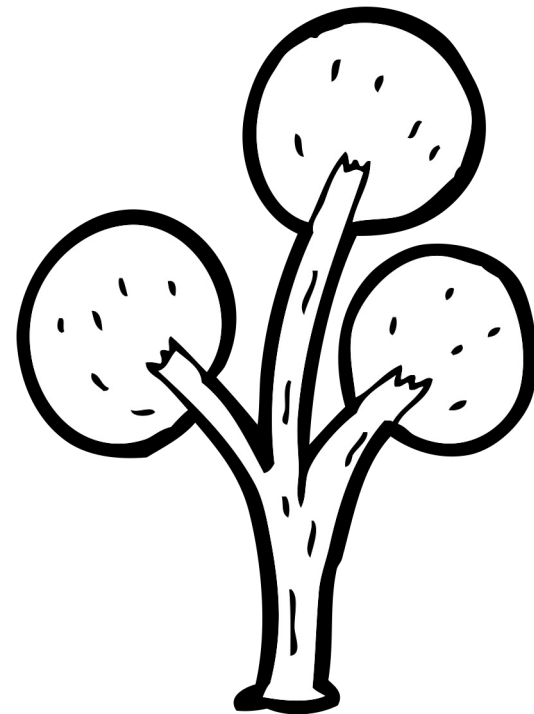
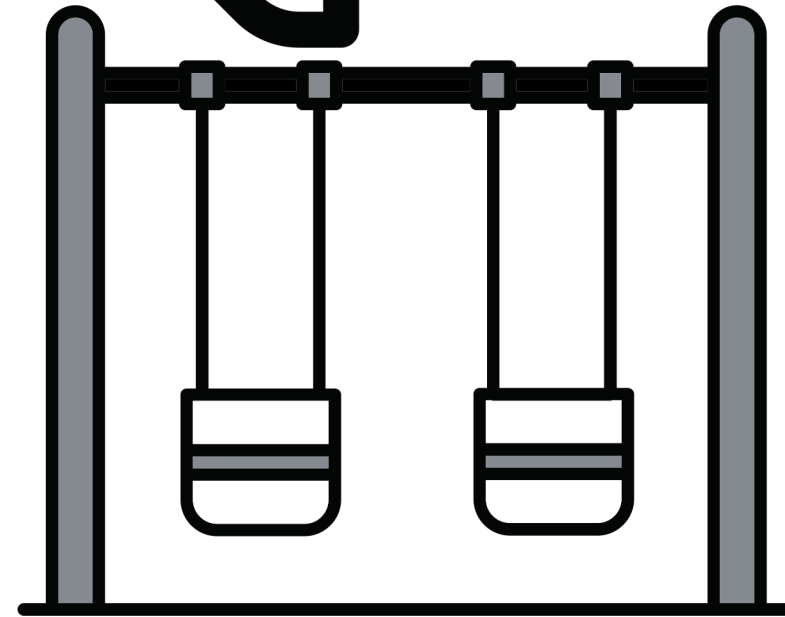
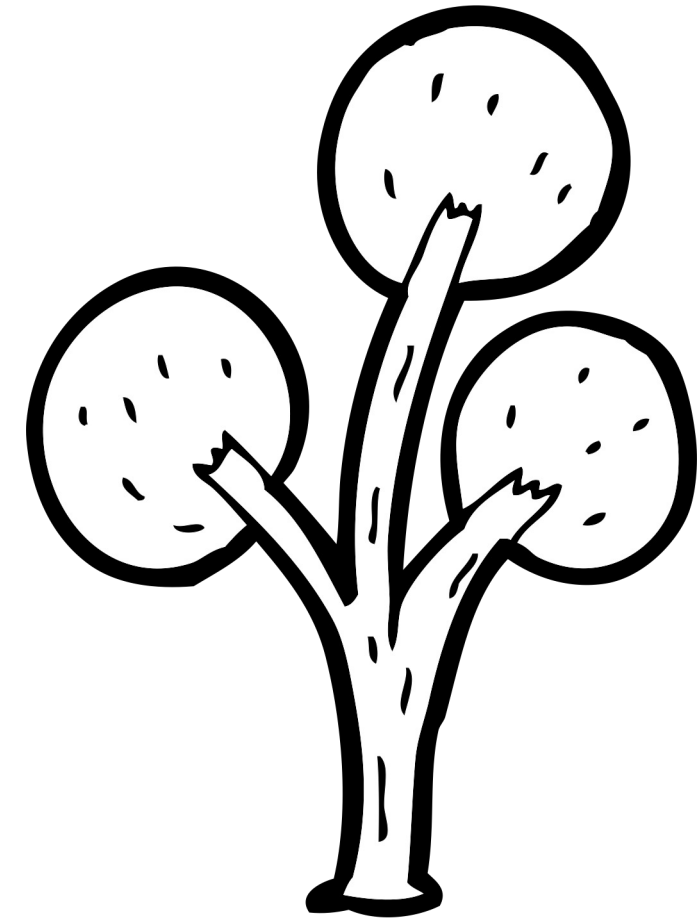
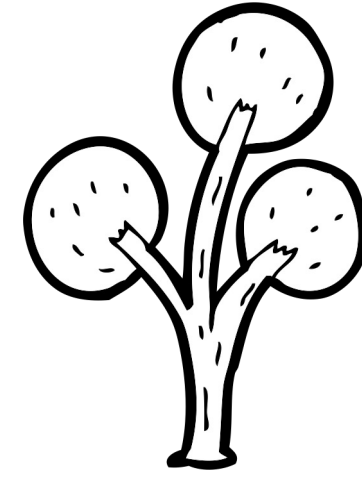
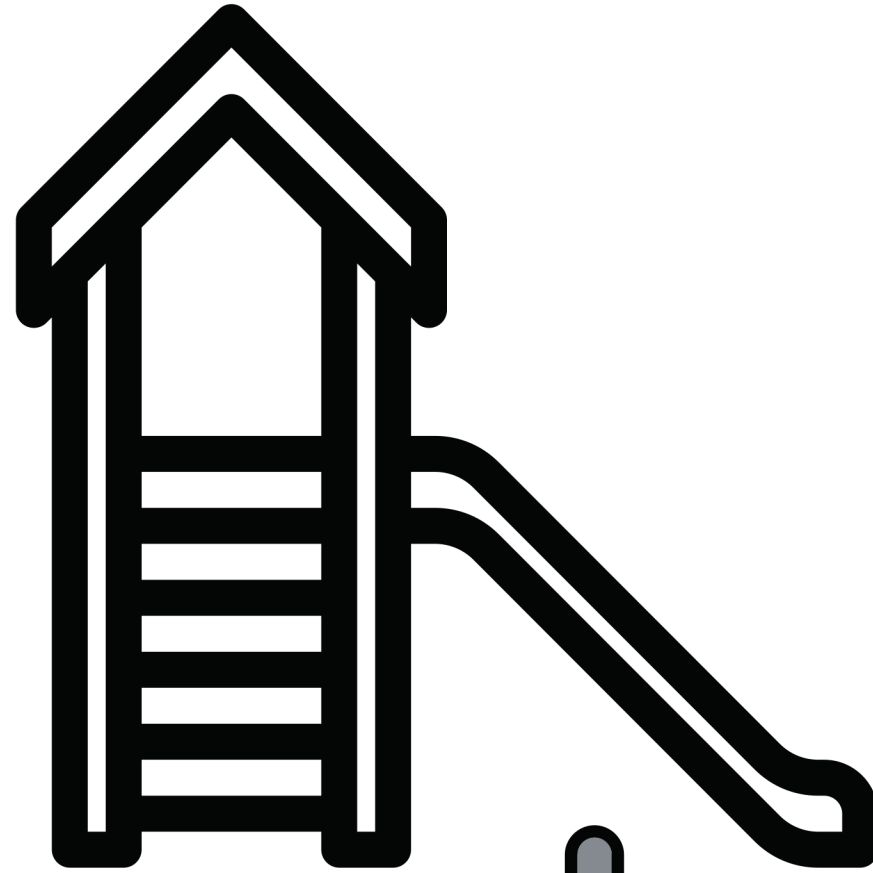
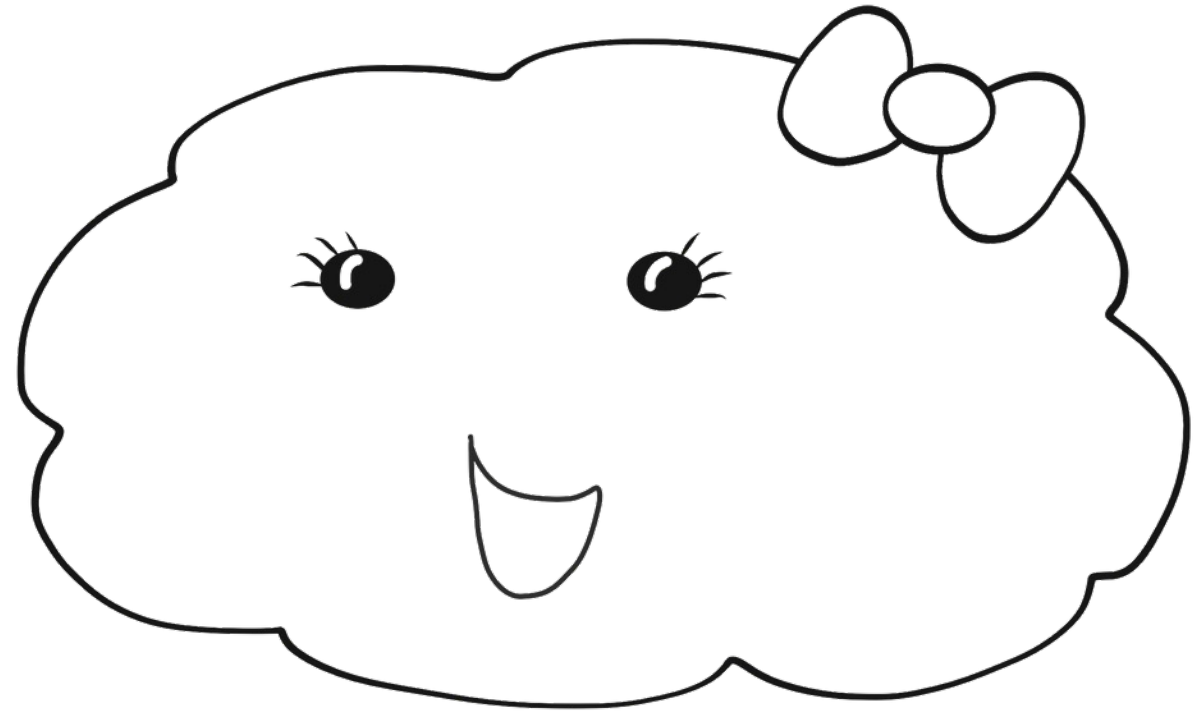
Want to hang out
tomorrow? 🌸

Yesss! Let's meet at the
park! 😎

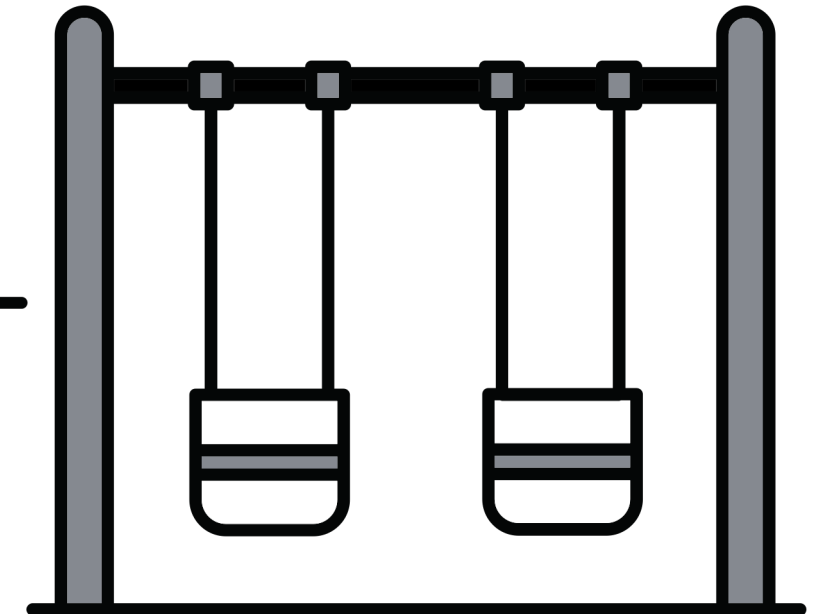
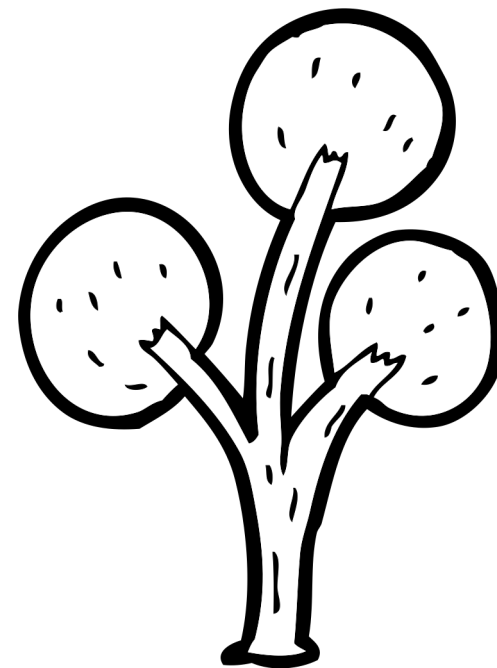
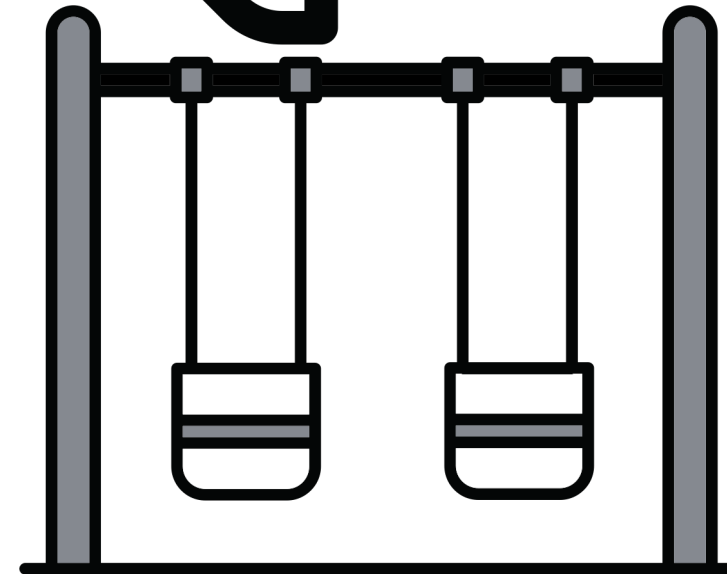
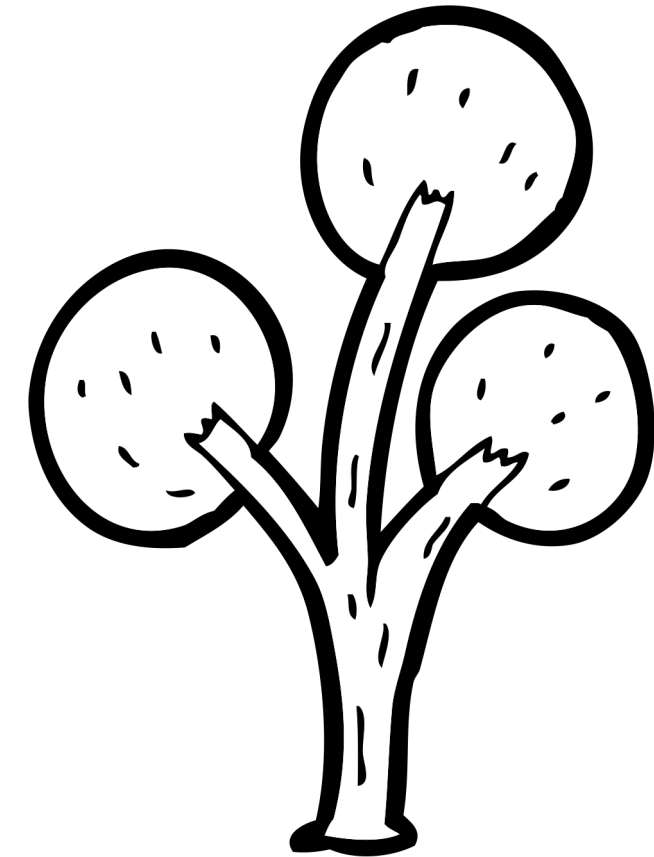
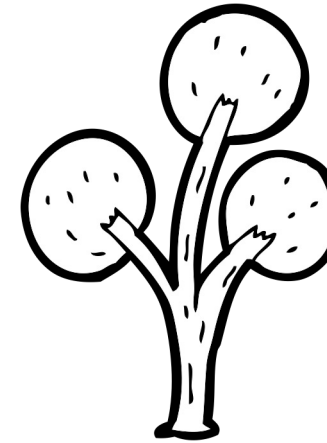
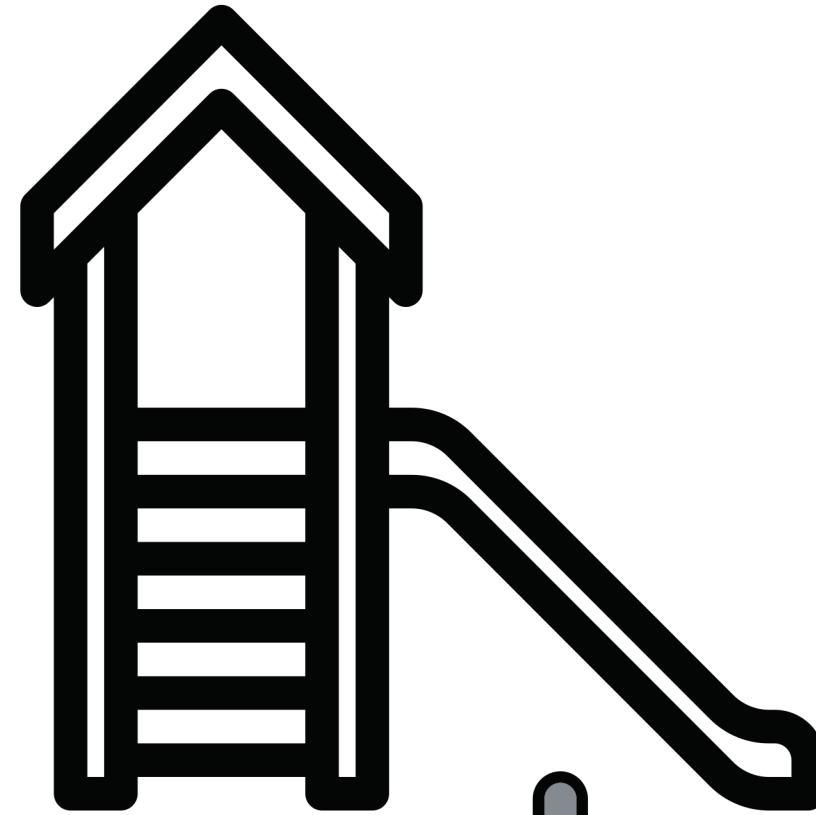
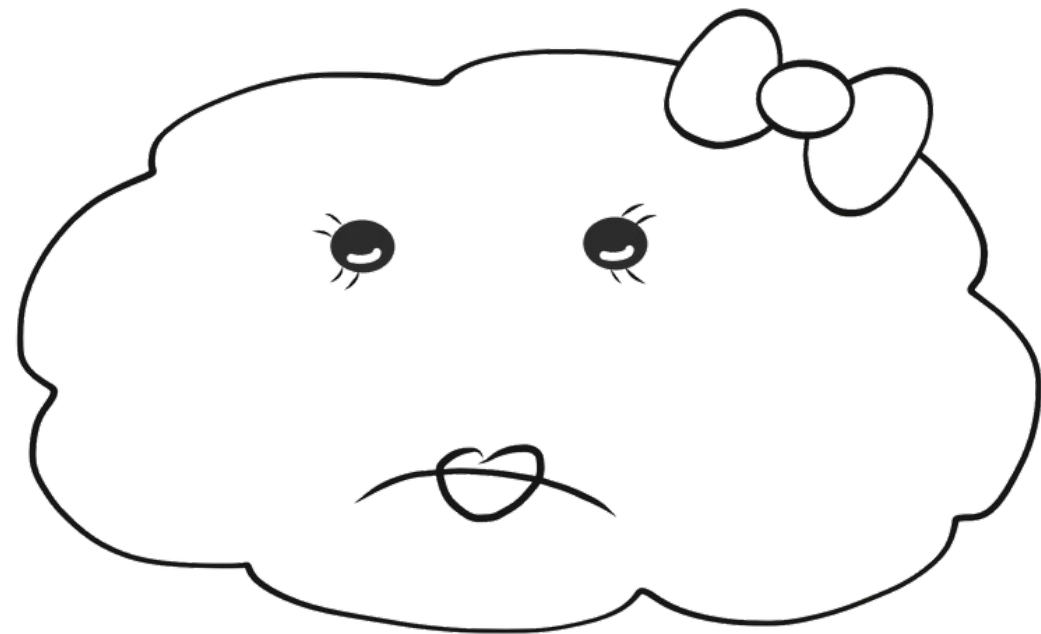
**The next morning. Cloudy woke up to find a beautiful day!
The weather was just right, she could hear birds singing.
She was really looking forward to seeing Sunny!**



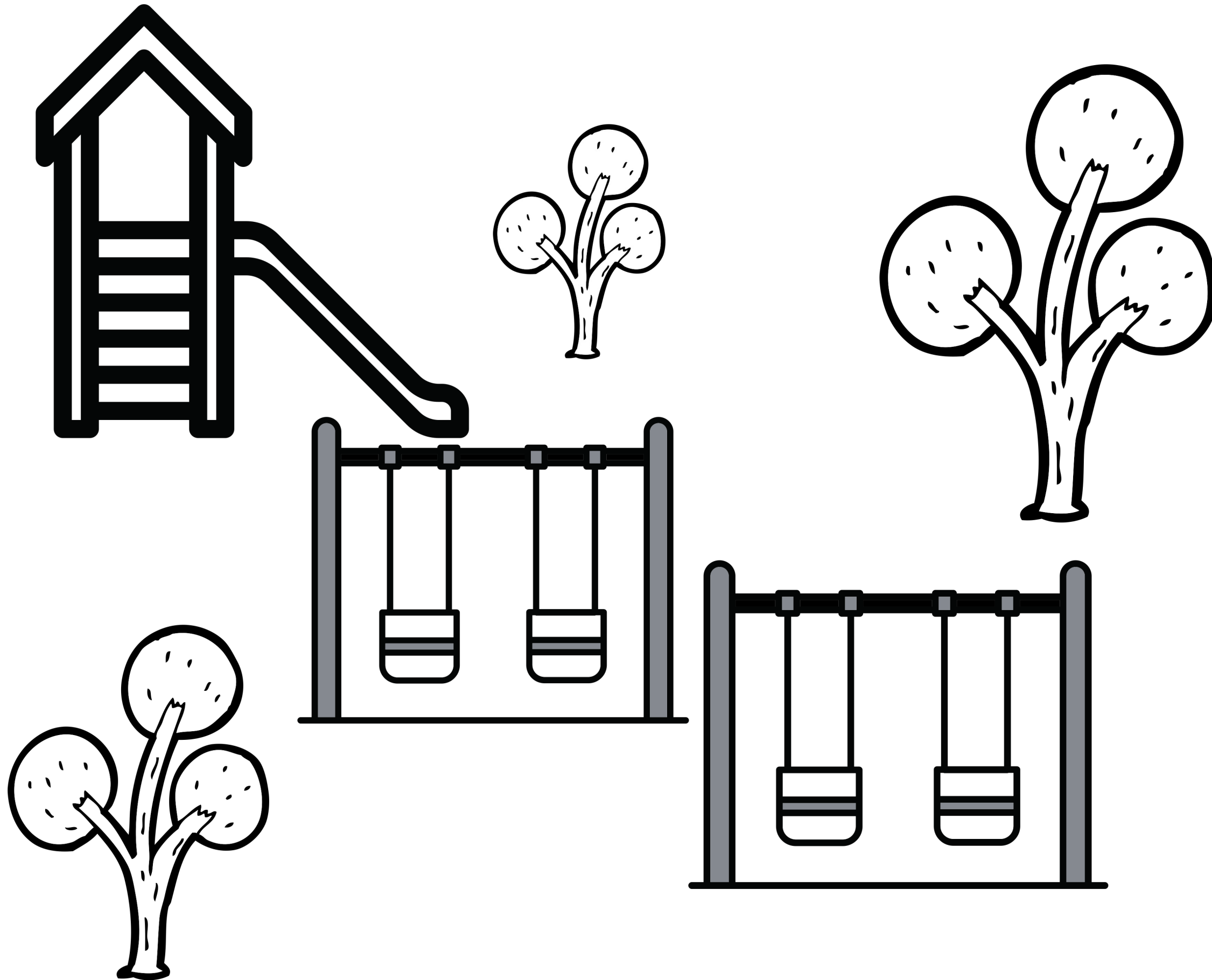
**She got ready, headed over to the park, and made her way to the swings.
She waited...**



And waited...



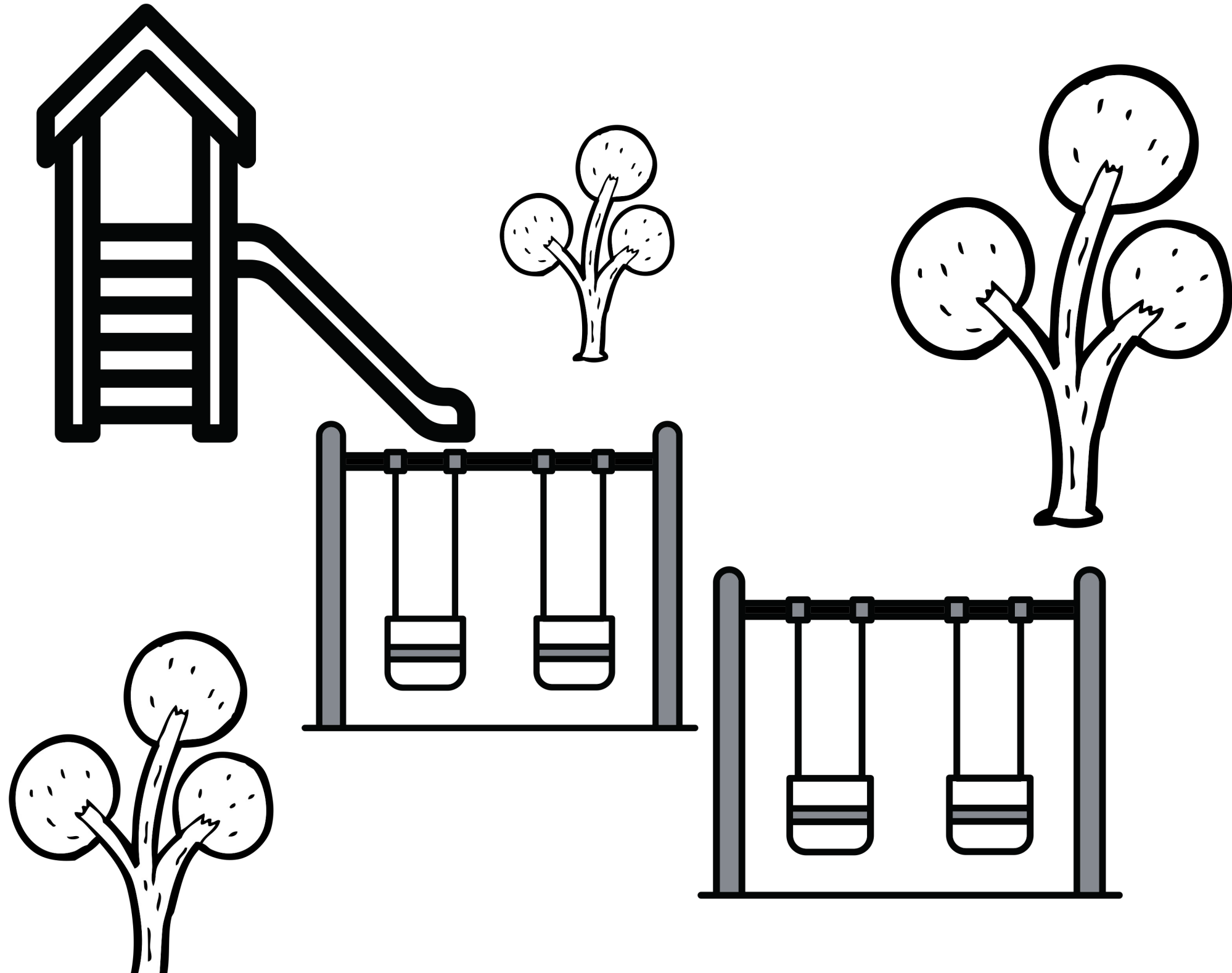
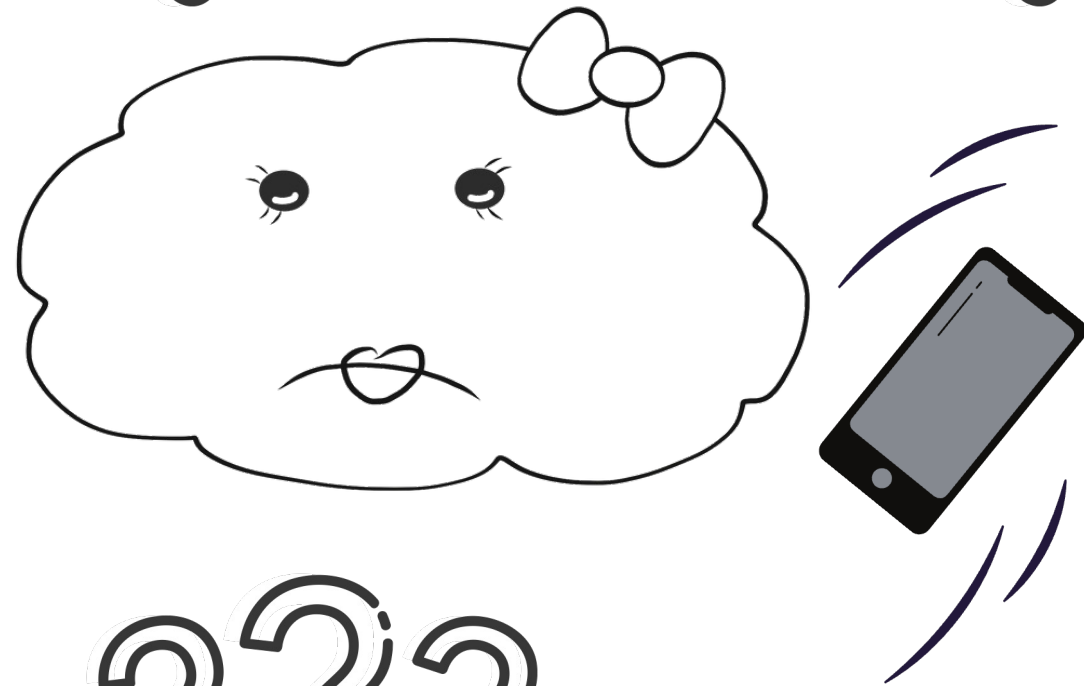
**And waited some more! Sunny still didn't show up!
She tried calling him, and she texted him...
and didn't get an answer!**



NOW LET'S DRIVE THE STORY

With EMOTIONS!

**WHAT HAPPENS NEXT?
How would Cloudy feel?**



Use your **IMAGINATION** to **DECIDE** what happens!

What would happen if **SUNNY** showed up?
How would **CLOUDY** feel then?
What would they do next?

