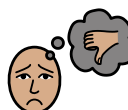


+



# Sorting Helpful and Unhelpful Emotions



People



experience



many



different



emotions.



Some



emotions



can



feel good.



Some



emotions



don't



feel good.



All



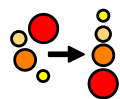
emotions



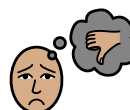
can be



managed.



+



# Sorting Helpful and Unhelpful Emotions



We



all



experience



helpful



emotions.



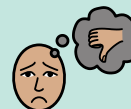
We



all



experience



unhelpful



emotions.



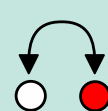
Which



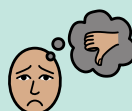
emotions



are helpful



or



unhelpful?



Are there



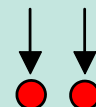
emotions

that



can

be



both?



\_\_\_\_ / \_\_\_\_ / \_\_\_\_



Helpful



Unhelpful



Helpful

both

Unhelpful



angry



anxious



bored



calm



confused



embarrassed



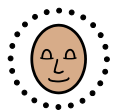
enraged



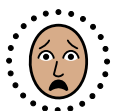
excited



fed up



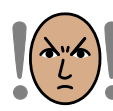
feel safe



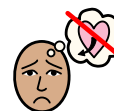
feel unsafe



frustrated



furious



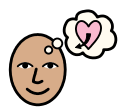
grieving



happy



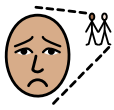
homesick



hopeful



jealous



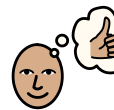
lonely



mean



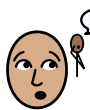
ok



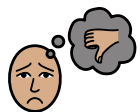
optimistic



panicky



paranoid



pessimistic



sad



scared



shocked



shy



smug



sorrowful



so so



superb



surprised



tired



unsure



upset



very happy



very sad



worried