

Emotional Upgrade Answer Key

Sample Responses

1. Furious - "I'm furious at my brother. He broke my favorite headphones!"
2. Disappointed - "I'm disappointed that I didn't get picked for the team."
3. Thrilled - "I was thrilled when my project got chosen for the display."
4. Anxious - "I'm anxious about my first job interview tomorrow."
5. Betrayed - "I feel betrayed that she didn't tell me the truth."
6. Lonely - "I felt lonely when my friends went to the concert without me."
7. Accomplished - "I feel accomplished that I finally finished my big art project."
8. Nervous - "I'm nervous about speaking in front of the whole class."
9. Frustrated - "I'm frustrated that my group didn't listen to any of my ideas."
10. Heartbroken - "I'm heartbroken that we're moving to another city."

Teacher's Guide

- **Differentiation Tips:**
 - Provide a visual or written list of emotion words sorted by category (e.g., anger, fear, joy, sadness).
 - Model one rewrite example together as a class before independent work.
 - Allow students to use adaptive tools like voice typing for longer written responses.
- **Engagement Ideas:**
 - Act out the original and rewritten dialogues to show how word choice changes tone.
 - Encourage students to add body language or facial expressions that match the new emotion.
 - Discuss how choosing precise words helps people express feelings more clearly in real life.
- **Extension Ideas:**
 - Have students write their own short dialogue using three advanced emotion words.
 - Build an "Emotion Thesaurus Wall" with synonyms for common feelings.
 - Turn this exercise into a creative writing mini-lesson on tone and emotional expression.