

Act It Out Answer Key

Example responses may vary:

1. Happy: Smile, say "Thank you," or share joy with friends.
2. Angry: Take deep breaths, walk away, or talk to a teacher.
3. Worried: Talk to a trusted adult or write down the concern.
4. Sad: Tell someone you trust, listen to music, or take a break.
5. Excited: Share your news calmly or raise your hand to speak.
6. Frustrated: Ask for help, take a short break, or keep trying calmly.
7. Embarrassed: Laugh it off, say "Oops," or remember everyone makes mistakes.
8. Proud: Say "I worked hard!" and encourage others too.

Teacher's Guide

- **Objective:** Encourage students to identify emotions and practice appropriate, healthy ways to express them during social interactions.
- **Differentiation Tips:**
 - For students who need extra support, model one example before they try.
 - Allow verbal sharing instead of writing for students with writing challenges.
- **Engagement Ideas:**
 - Create a classroom "Emotion Wheel" using colored paper and clothespins.
 - Pair students to role-play each emotion scenario with supportive feedback.
 - Use mirrors so students can see facial expressions while practicing emotions.
- **Extension Activities:**
 - Have students write a short story where a character uses one of these healthy responses.
 - Discuss which coping skills work best for each feeling and make a "Calm Down Strategy List" for the classroom.