



Name \_\_\_\_\_

## Emotion Word Power

**Directions:** Read each sentence carefully. Choose the correct word from the word bank to complete each sentence.

trigger	impulse	reaction
coping	regulate	calm
frustration	empathy	
mindfulness	self-control	

1. When something happens that causes a strong feeling, it is called a \_\_\_\_\_.
2. Taking deep breaths or listening to music are examples of healthy \_\_\_\_\_ strategies.
3. When things don't go as planned and you start to feel annoyed, that feeling is called \_\_\_\_\_.
4. Paying attention to your thoughts and body in the moment is called \_\_\_\_\_.
5. When you stop and think before acting, you are showing \_\_\_\_\_.
6. Your emotional \_\_\_\_\_ helps you handle stress in a positive way.
7. The ability to understand how someone else feels is called \_\_\_\_\_.
8. Acting without thinking first is giving in to an \_\_\_\_\_.
9. A \_\_\_\_\_ is what you do right after you feel a strong emotion.
10. Finding ways to stay steady and peaceful even when upset helps you stay \_\_\_\_\_.