

Name _____

Emotion Word Power Answer Key

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|-----------------|-------------|
| 1. trigger | 6. regulate |
| 2. coping | 7. empathy |
| 3. frustration | 8. impulse |
| 4. mindfulness | 9. reaction |
| 5. self-control | 10. calm |

Teacher's Guide

- **Purpose:** Expands emotional vocabulary and strengthens students' understanding of key self-regulation concepts.
- **Differentiation Tips:**
 - Review each term and definition before the activity for students who need extra support.
 - Provide visuals or real-life examples for abstract words like "mindfulness" or "empathy."
 - Allow students to use the word bank as a matching list before completing the blanks.
- **Engagement Strategies:**
 - Create a "Feelings Wall" where students write or draw examples of each vocabulary word.
 - Use movement: when a word is read aloud, students act out its meaning (e.g., "calm" = deep breaths).
- **Extension Ideas:**
 - Have students write short sentences or journal entries using at least three of the new vocabulary words.
 - Encourage students to find these words in books, songs, or shows and share examples with the class.
 - Use this list to start a "Self-Regulation Word of the Week" discussion for ongoing reinforcement.