

THAT FEELING WHEN . . .

Think of a situation in class that brings up strong emotions for you. List it below.

That feeling when . . .

Using the Mood Meter, describe at least three different emotions you experience during this situation and explain why that feeling is present.

Coin a new word to describe the particular set of emotions you feel in this situation.

A word to describe how I feel in this situation is . . .

Source: Adapted from Barrett, L. F. (2017). How emotions are made: The secret life of the brain. HarperCollins.