

Name \_\_\_\_\_

## Understanding Emotions: How to Recognize When Someone Is Feeling Sad or Upset

### Short Answer Key

1. (Answers may include: slumped shoulders, crossed arms, lack of energy)
2. (Answers should explain how listening allows the person to express their feelings and feel heard and supported.)
3. (Answers may include phrases like "I'm here for you" or "I understand that this is tough.")
4. (Answers may include offering a gentle touch, a kind word, or a reassuring hug if comfortable.)
5. (Answers should highlight the importance of emotional well-being and seeking support when needed.)

