

Name _____

Embracing the Roller Coaster of Emotions: Is It Okay to Have Both Positive and Negative Feelings?

Short Answer Key

1. Students should provide an example and explain how experiencing sadness can be beneficial, such as processing grief and facilitating healing.
2. Students should explain why it's important to express emotions through healthy outlets, like talking to a friend or journaling, and provide specific examples.
3. Students should describe how self-care activities like exercise and mindfulness can contribute to emotional balance.
4. Students should share a scenario where gratitude positively impacted someone's emotional well-being, providing details.
5. Students should explain the role of acknowledgment and acceptance in embracing both positive and negative emotions, offering insights.

