

Name _____

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

Open-Ended Response Answer Key

1. Answers will vary. Students should reflect on their own experiences and describe how positive and negative emotions have contributed to their personal growth and well-being.
2. Students should discuss the importance of emotional balance, provide strategies for achieving it, and explain why these strategies are effective.
3. Students should narrate a personal or observed situation, demonstrating how negative emotions helped someone cope with a challenge or loss and move forward.
4. Students should share a personal story where acknowledging and accepting emotions led to a positive outcome, elaborating on the situation and the impact on their life.

