Name _____

The Colorful World of Emotions: Understanding Feelings

Short Answer

1. Give an example of a situation where feeling happy would be appropriate and explain why.

2. How can empathy help in building meaningful relationships with others?

3. Describe a healthy way to express sadness.

4. Explain why it's important to understand and embrace our emotions.

5. Share a personal experience where you practiced empathy and the impact it had on a relationship.

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