

Name _____

The Colorful World of Emotions: Understanding Feelings

Short Answer Key

1. Answers will vary, but students should provide an example of a situation where feeling happy would be appropriate and explain why.
2. Empathy helps in building meaningful relationships with others by allowing individuals to understand and share in each other's feelings. It creates a sense of connection and support.
3. A healthy way to express sadness may include talking to someone you trust about your feelings, allowing yourself to cry if needed, and seeking activities that bring comfort and relief.
4. It's important to understand and embrace our emotions because they are a fundamental part of being human. They guide our actions, connect us to others, and contribute to our overall well-being.
5. Students should share a personal experience where they practiced empathy and the impact it had on a relationship.

