

EMOTION IDENTIFICATION



The Mind Garden
bloom where you're planted

CATCH THE

plot feelings

In this activity, you will read two scenarios and identify the emotions experienced by the characters. After identifying the emotions, take a moment to reflect on how you would react in a similar situation and what you might do to manage or express that emotion.

The Surprise Party: Maria wanted to plan a surprise birthday party for her best friend, Sarah. She spent weeks secretly coordinating with their friends, choosing decorations, and picking out the perfect cake. As the day of the party arrived, Maria felt a mix of emotions. She knew Sarah would be thrilled, but she couldn't help but feel a little overwhelmed about keeping the surprise a secret.

What do you believe were the emotions of the person being surprised at the party? How can you tell? Have you ever been part of planning a surprise party? How did you manage your own emotions while keeping the secret?

The Job Interview: Alex had been searching for a job for months, and finally, an opportunity for an interview at a prestigious company came up. The night before the interview, Alex couldn't sleep. Various feelings kept them awake. As the interview day approached, Alex also felt a range of emotions. This job meant a lot to them, and they were ready to give it their all.

How do you think the main character's emotions might have influenced their performance during the job interview? Can you relate to a time when you felt similar emotions to the main character during a stressful situation, like a job interview?

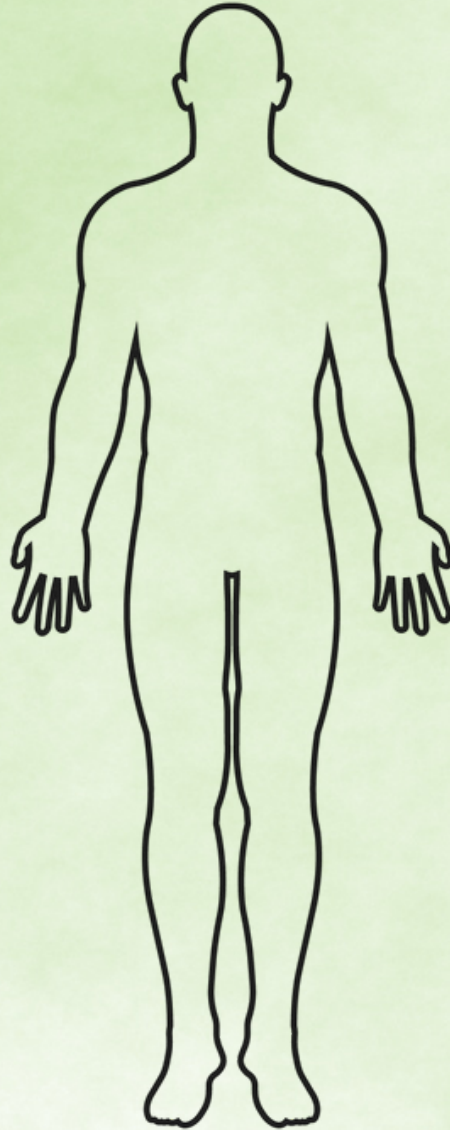
BODY-WIDE

exploration



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Find a quiet, comfortable space. Recall recent situations that triggered emotions. Pay attention to accompanying physical sensations in your body. Note where you felt tension, warmth, etc. Use the worksheet to map emotions and physical sensations, aiming for detail and connections to specific emotions.



Are there any patterns or recurring emotions you've noticed during this exercise?
How might this awareness help you in managing your emotions effectively?

SENTIMENT

moodboard



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Gather magazines, scissors, glue, and paper. Visually represent any one of the different emotions listed for self-reflection. Cut out images or words that match it and arrange them on paper creatively.

Think about why you chose each item. What does this reveal about your feelings?

EMOTIONAL

diary log



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Choose a daily time slot for your emotional diary, either morning or evening. Summarize your day and note significant events. Identify and rate your emotions (1-10). Describe emotion triggers and reactions. Capture positive moments. Use this diary for self-reflection, seeking patterns, and self-understanding. Be kind to yourself during the process.

Date	Emotions Experienced	Emotional Intensity	Triggers

Think about why you chose each item. What does this reveal about your feelings?