

Emotional Granularity

Identity and Perspective , Module 1



AGENDA



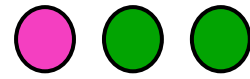
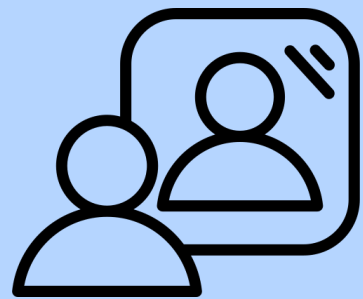
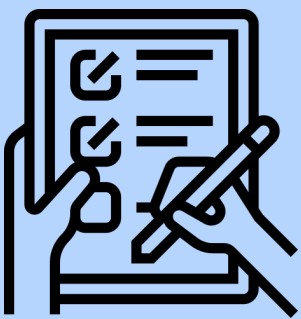
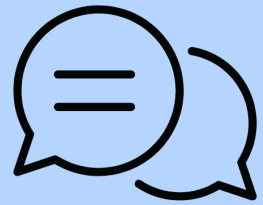
1. Brainstorm different types of emotions.



2. In small groups, students will come up with synonyms for different emotions and share with the class.



3. Reflect: How would you rate your level of understanding of emotional granularity?

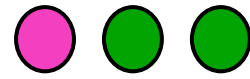
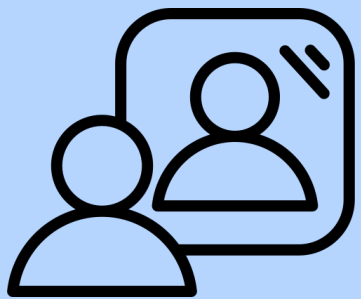
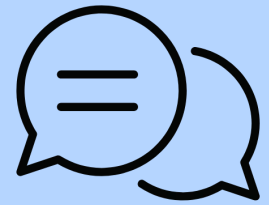


BRAINSTORM



Brainstorm how many different emotions you can come up with in one minute.



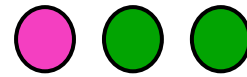
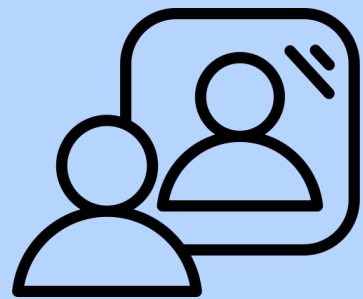
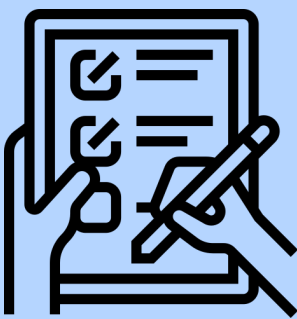
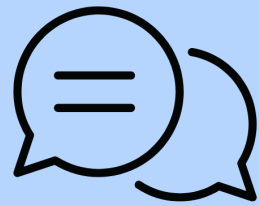


DISCUSS



*Do you think it's important to distinguish one emotion from another? Why?
How precise do you think you need to be? Is it enough to say you're happy or
is it important to use specific words like cheerful, joyful or delighted?*



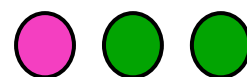
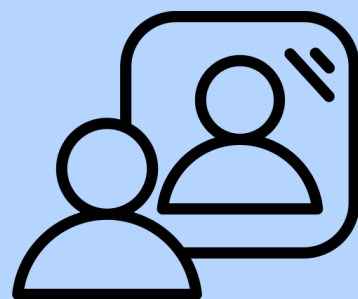


DIVE IN



Emotional Granularity

Emotional granularity is our ability to precisely name our emotions and distinguish specific emotions from similar ones. When we develop emotional granularity, we build greater awareness of ourselves and our emotions. Being able to accurately name what we are feeling and why allows us to deepen our understanding of our experiences and can help us to predict how certain situations might make us feel.



ACTIVITY



1. In small groups , students will come up with synonyms for different emotions.
2. Share with the class some of the emotions you listed.
3. Reflect: How would you rate your understanding of emotional granularity?



Worksheet

Name: _____

Date: _____

Emotional Granularity

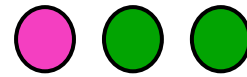
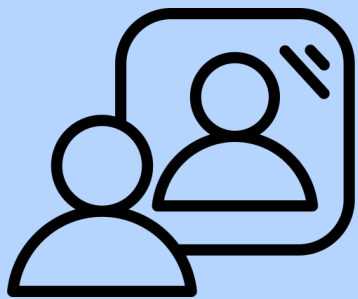
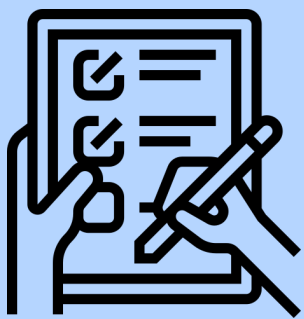
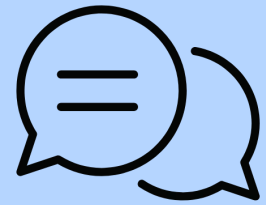
Make a list of all the emotions you can think of in one minute.

Commonly Identified Emotions and Synonyms

Anger	Anticipation	Disgust	Joy	Fear	Sadness	Surprise	Trust
rage mad	interest excited	disapprove hate	happy love	scared terror	grief unhappy	awe amaze	admire accept

Select one emotion from the list and present this emotion to the class. Use the following probing questions to help guide you:

- What is the emotion?
- What are some synonyms for the emotion? Antonyms?
- When are some times that you have experienced an instance of that emotion?
- What did it look and feel like when YOU feel the emotion? Why?



REFLECT



On a scale of 1 to 5, reflect on your level of emotional granularity (with 1 being not good at all to 5 being excellent).

[Click here for your form](#)

Home Connection



High School

Home Connection

Emotional Granularity

Dear _____,

Today in class, we talked about **emotional granularity** which is our ability to precisely name our emotions and distinguish specific emotions from similar ones. When we develop emotional granularity, we build greater awareness of ourselves and our emotions.

Please encourage your student to use more specific emotional vocabulary at home and list some new words they've used.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes and reflect on your own level of emotional granularity. How can you model more emotional granularity in the classroom?





Further Study

- Edutopia: *Emotional Regulation Activities for Tweens and Teens*:
<https://www.edutopia.org/article/emotional-regulation-activities-tweens-and-teens>
- Lisa Feldman Barrett: *Try these two smart techniques to help you master your emotions*:
<https://ideas.ted.com/try-these-two-smart-techniques-to-help-you-master-your-emotions/>
[Showing Empathy | Learning for Justice](#)
- TED: *You Aren't at the Mercy of Your Emotions - Your Brain Creates Them*:





Lesson Complete!

