

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 guiding 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?