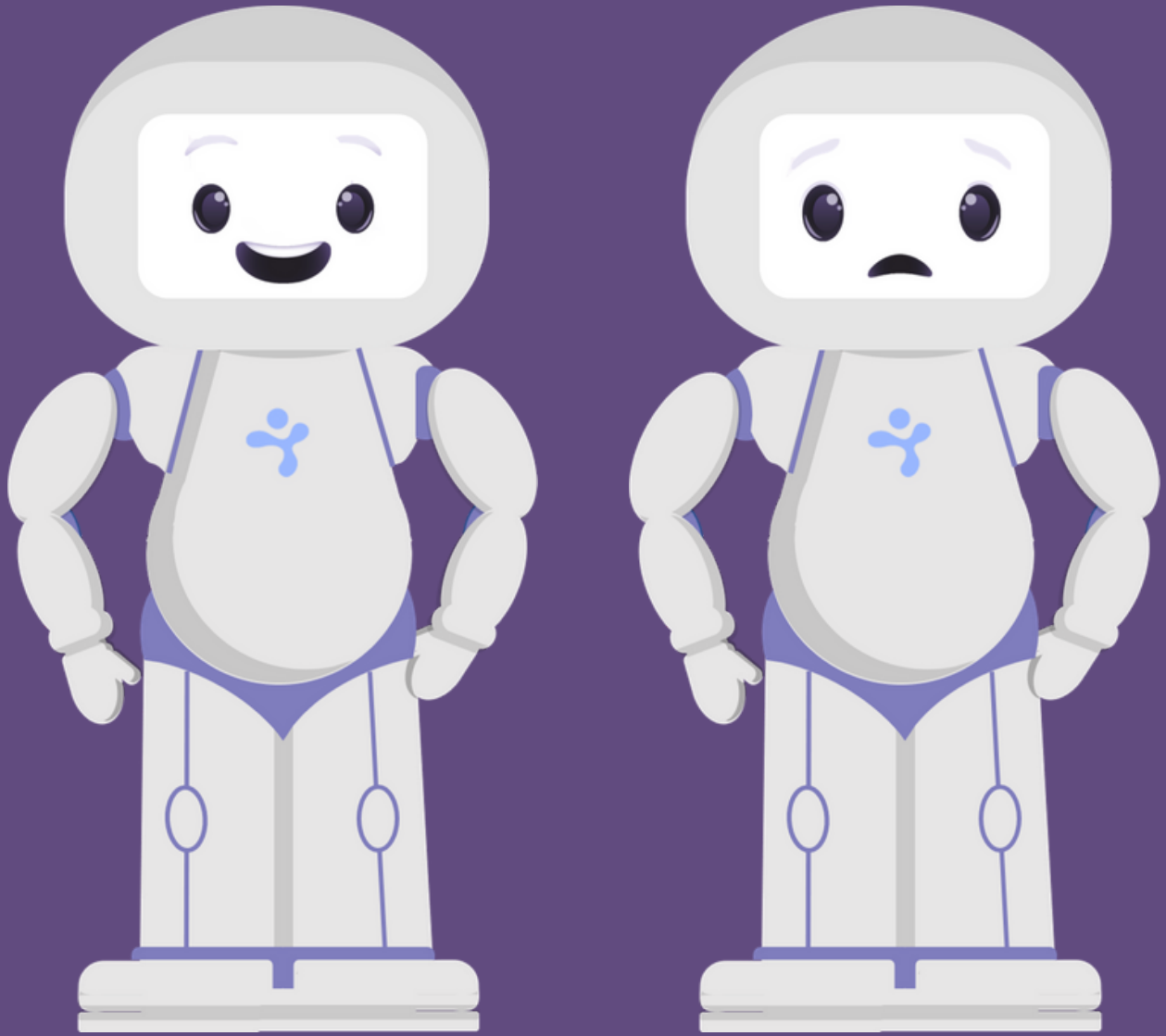
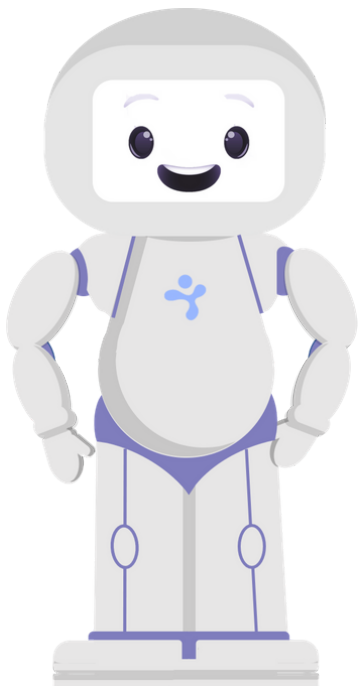


Emotion Understanding Activities for Autism



The booklet includes:

- Emotion Understanding Social Stories
- Discrimination of positive & negative emotions
- Connecting situations to the emotional outcome activities



Feeling Happy

When something good happens that I like, I feel happy. When I feel happy, I feel good.

When I am happy, I

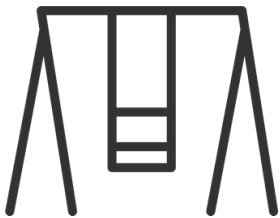


Smile

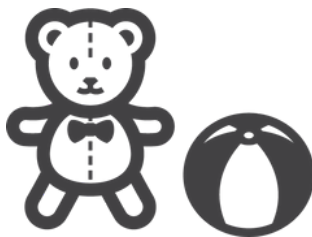


Laugh

There are many things that can make me happy.



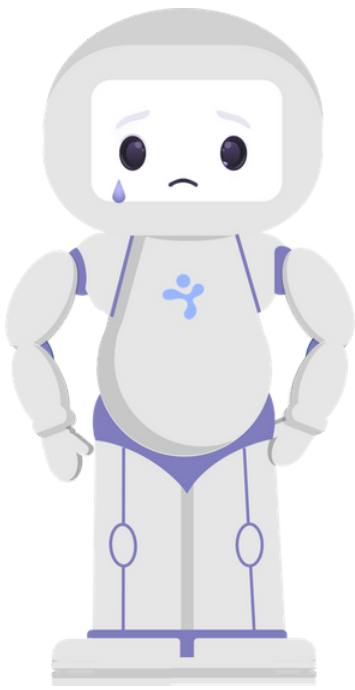
Going to the
play ground



playing my
favorite game



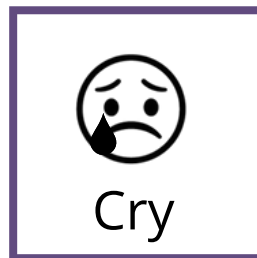
Presents



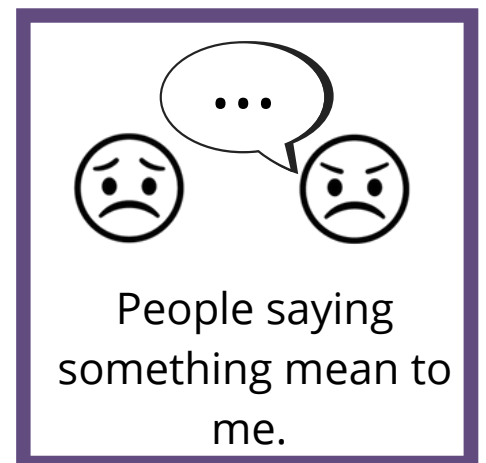
Feeling Sad

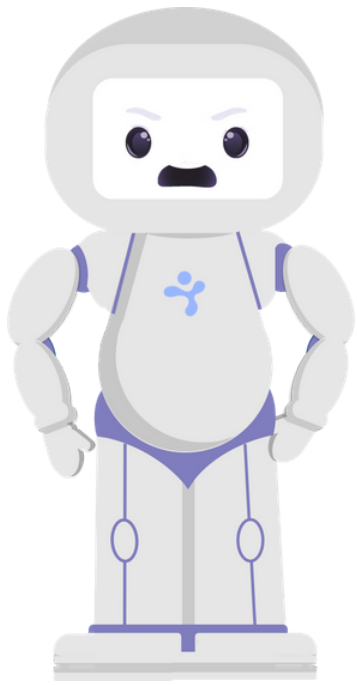
When something happens that I don't like, I feel sad. When I feel sad, I feel bad.

When I am sad, I may



There are many things that can make me sad.





Feeling Angry

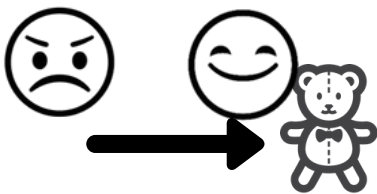
When something happens that I don't want, I feel angry. When I feel angry, I feel bad.

When I am angry, I



Frown

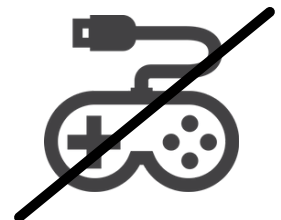
There are many things that can make me angry.



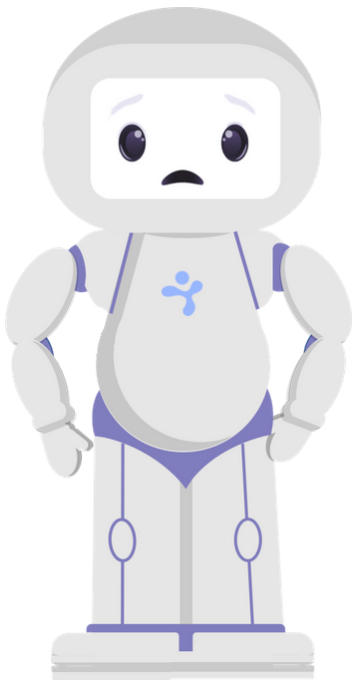
Someone taking my things.



I am told NO!



Not being able to play



Feeling Scared

When something scary happens or I think about scary things, I feel scared. When I feel scared, I feel bad. When I am angry, I



Cry

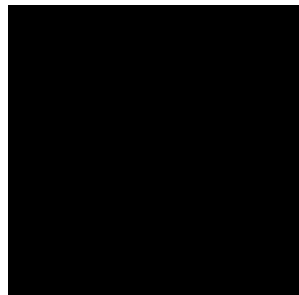


Scream

There are many things that can make me scared.



Loud noises



darkness

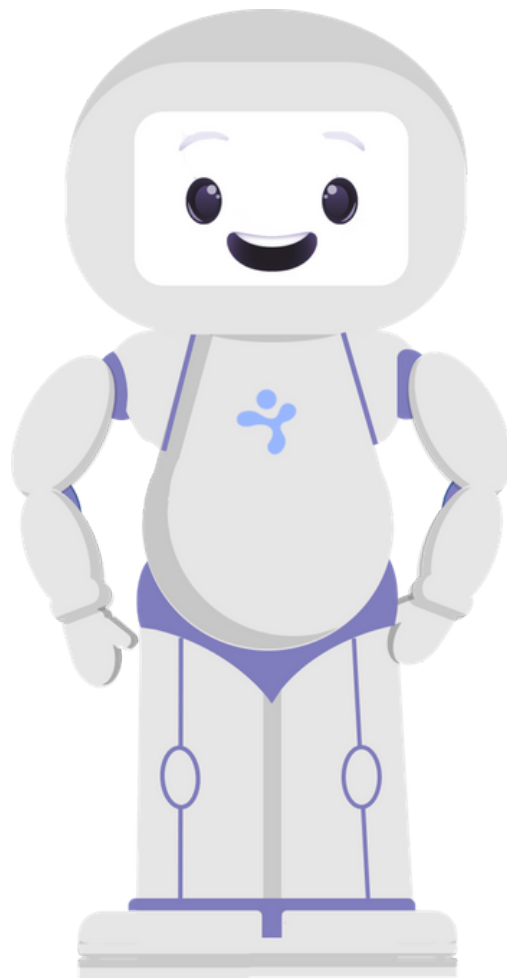


Being lost

Positive Emotions

Positive feelings are the feelings you have when something good happens to you or to the people you like.

We enjoy having positive feelings and we want to have positive feelings more.

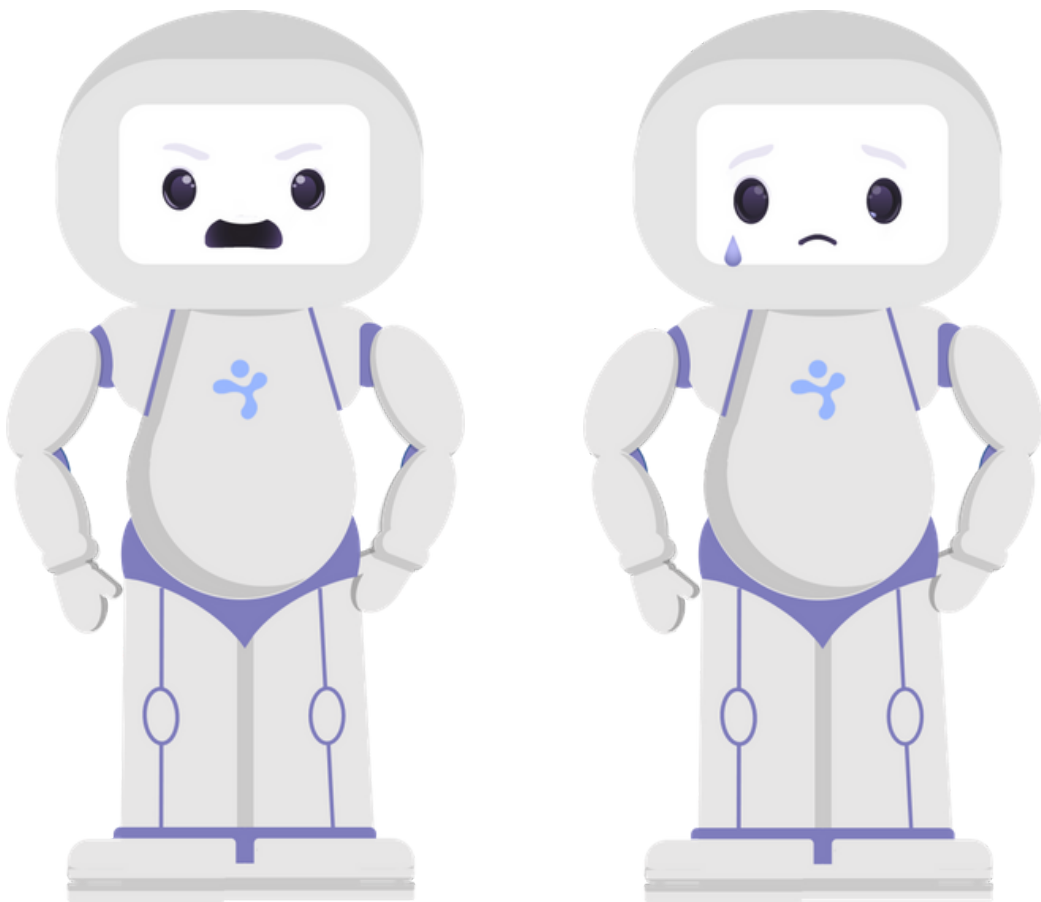


When we feel positive we can make friends, learn well at school and get along better with others.

Negative Emotions

Negative feelings are the feelings you don't like to have. When you have negative feelings you don't feel good or calm.

Negative emotions are the ones we don't enjoy.



We have negative feelings because they can help us! For example, when we are scared, we try to be more careful.

Or when we are disgusted, we try not to eat something bad or touch something dirty. This can help us stay safe.

Sort the emotions

Positive Emotions	Negative Emotions



Happy



Sad



Scared



Angry



Shocked



Excited



Pleased



Disappointed



Confused



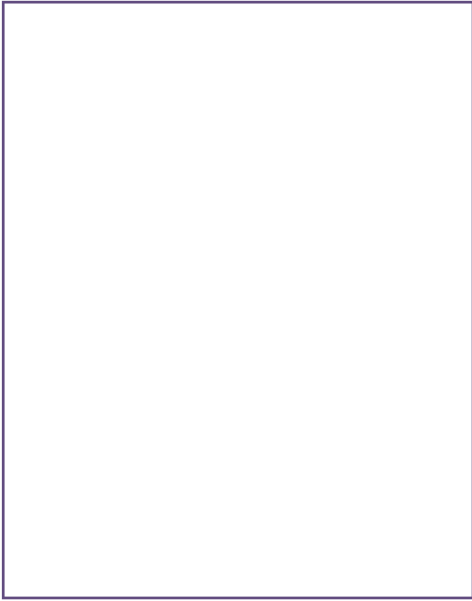
Worried

Emotion Wheel

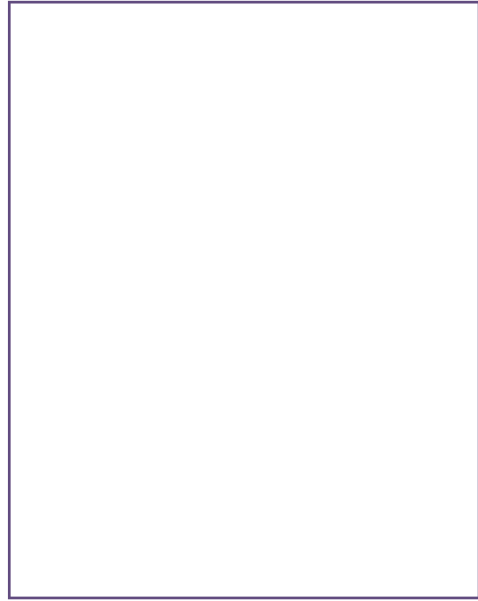


Color the emotions

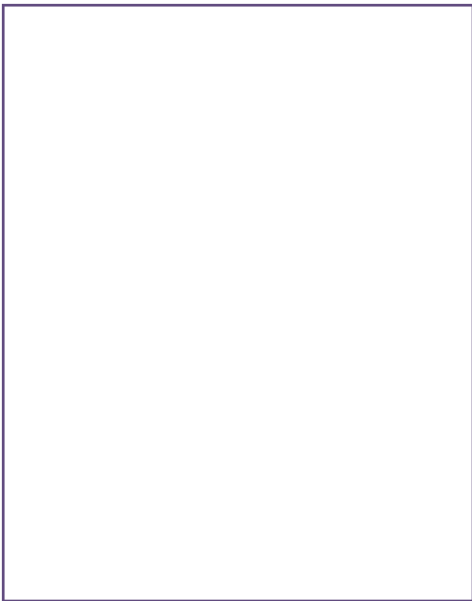




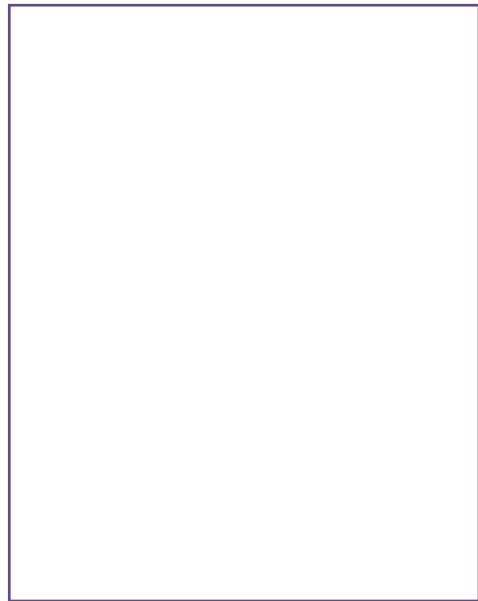
**QT's favourite toy is broken.
How does QT feel?**



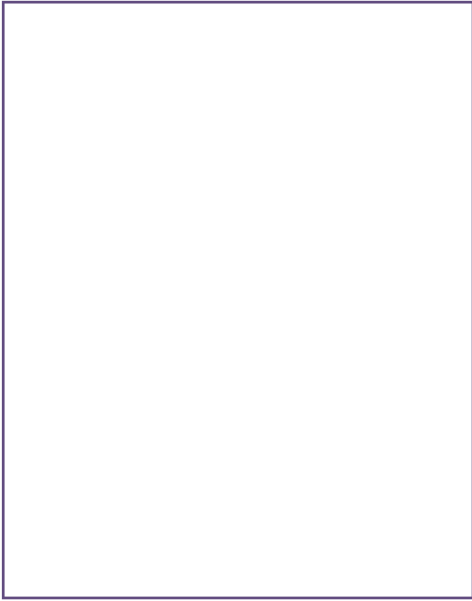
**QT hears a very loud noise. It
seems a bad storm is coming.
How does QT feel?**



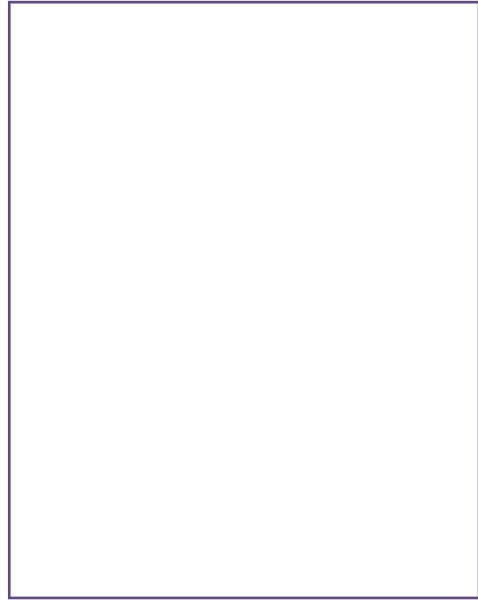
**QT's friends are coming over
to watch a movie. It is going
to be fun! How does QT feel?**



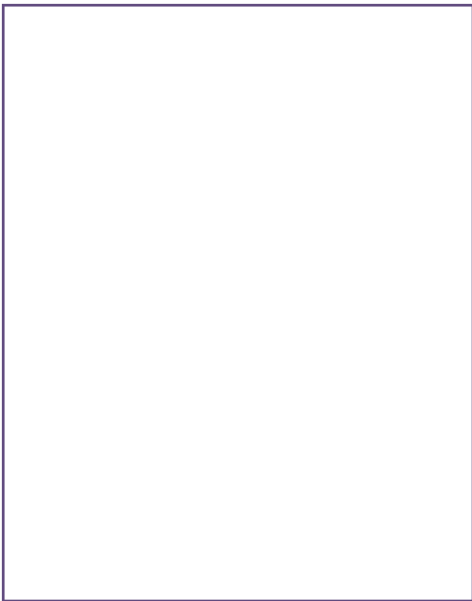
**QT wants to play a game but
it should finish the homework
first. How does QT feel?**



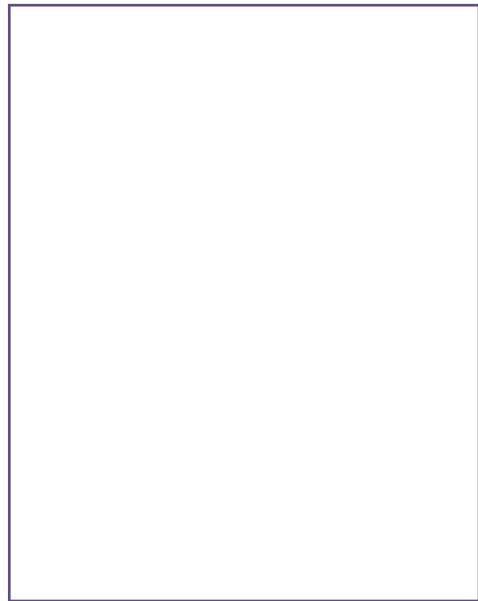
There is a very bad smell in the room. It seems some food has gone bad. How does QT feel?



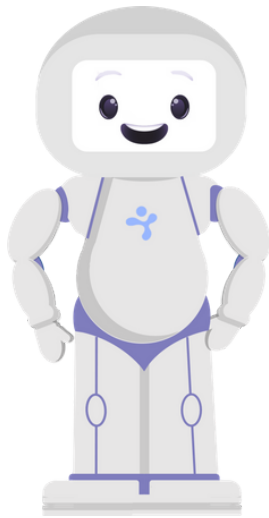
QT is doing a very good job spelling the words. How does QT feel?



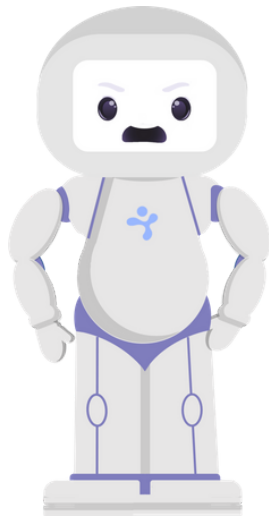
QT stayed late last night watching a game. But it needs to wake up early. How does QT feel?



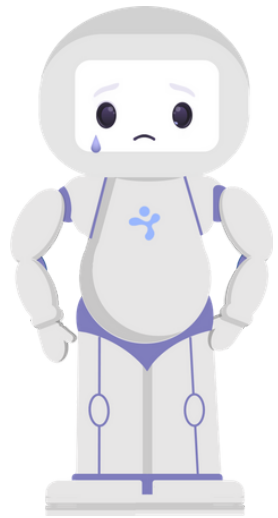
It's QT's first day going to school. It doesn't know anyone in the new school. How does QT feel?



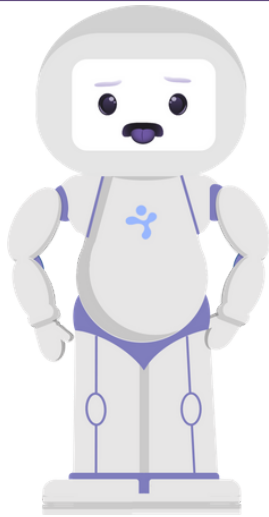
Happy



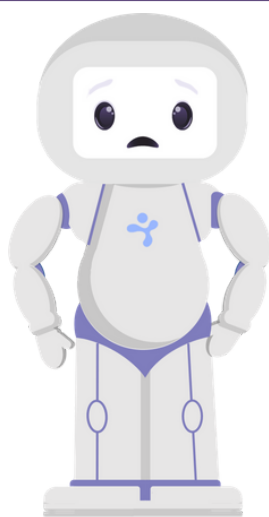
Angry



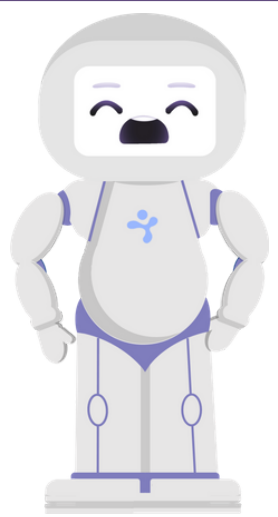
Sad



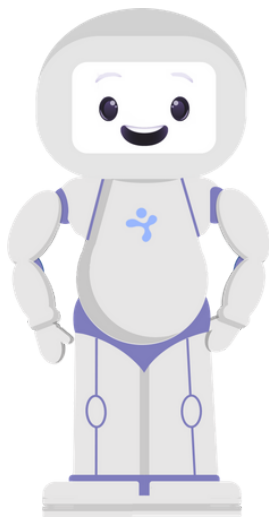
Disgusted



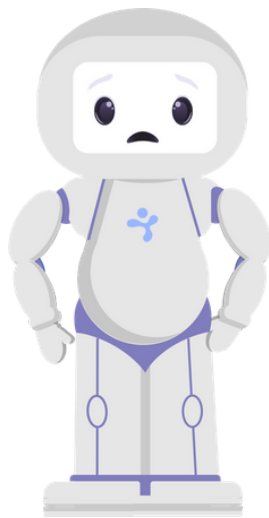
Nervous



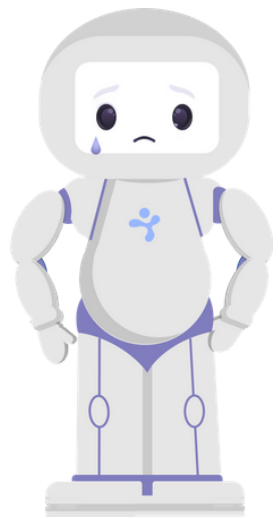
Tired



Proud



Scared



Sad