

# 情緒老實說

Tell me how you really feel

班級 Class :  
座號 Roll Number :  
姓名 Name :

- 1.每人抽一張情緒卡，自己不能看到

Everyone draws an emotion card without looking at it.
- 2.只能透過問本張學習單上的問題，猜測你的卡片是什麼

You can only guess what your card is by asking the questions on the paper.
- 3.被問的人要誠實回答

The person being asked must answer truthfully.
- 4.五分鐘後回到座位，寫下你認為的答案

Return to your seat after five minutes and write down what you think the answer is.



## 你可以這樣問

You can ask these questions



- 這是舒服的情緒嗎？

Is this a comfortable emotion?
- 你喜歡這個情緒嗎？

Do you like this emotion?
- 你在學校常有這個情緒嗎？

Do you often experience this emotion at school?
- 班上誰最常有這個情緒？

Who in your class experiences this emotion most often?
- 發生什麼事會有這個情緒？

What happens to cause this emotion?
- 有這個情緒的時候會出現什麼行為？

What behaviors appear when you have this emotion?
- 我們的老師有展現過這個情緒嗎？

Have our teachers ever displayed this emotion?
- 上體育課時你會有這個情緒嗎？

Do you experience this emotion during P.E. class?
- 如果以天氣來形容這個情緒，它會是什麼樣的天氣？

If you were to use weather to describe this emotion, what kind of weather would it be?
- 如果這個情緒有顏色，你覺得這個情緒會是什麼顏色？

If this emotion had a color, what color do you think this emotion would be?

憤怒的 Livid	欣喜若狂的 Ecstatic
震驚的 Shocked	驚喜的 Surprised
生氣的 Angry	興奮的 Excited
不太高興 Peeved	快樂的 Happy
無聊的 Bored	平靜的 Calm
難過的 Sad	放鬆的 Relaxed
孤單的 Lonely	感動的 Touched
絕望的 Despaired	昏昏欲睡的 Sleepy

## 我猜我頭上的情緒是…

I guess the emotion on my head is…



憤怒的 Livid	震驚的 Shocked	驚喜的 Surprised	欣喜若狂的 Ecstatic
生氣的 Angry	不太高興 Peeved	快樂的 Happy	興奮的 Excited
難過的 Sad	無聊的 Bored	平靜的 Calm	感動的 Touched
絕望的 Despaired	孤單的 Lonely	昏昏欲睡的 Sleepy	放鬆的 Relaxed

選擇五種你常常有的情緒，何時會有這項情緒…  
choose five emotions that you often feel.  
Then, write down what you were doing when  
you had each of these emotions



把這些情緒做分類，你會想要怎麼分類呢？  
To categorize these emotions, how would you  
like to sort them?