

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Ambient heart rate: \_\_\_\_\_

Discuss the following prompts with your group. Make notes about your group's ideas and comments (i.e., What was the event? What emotions were generated?). Then report your findings to the class.

- A. Describe a recent situation at home or school in which the emotions of someone else changed how you were feeling.
  
  
  
  
  
  
  
  
  
  
- B. Describe a recent situation in which you had strong emotions (positive or negative) that influenced someone else's feelings.
  
  
  
  
  
  
  
  
  
  
- C. Describe how you can know how someone else is feeling and give an example.
  
  
  
  
  
  
  
  
  
  
- D. Describe some recent situations in which you were aware of other people's feelings. How did you know how they were feeling?