

RECOGNIZING EMOTIONS GROUP CURRICULUM
FOR HIGH SCHOOL STUDENTS ON THE AUTISM SPECTRUM
 By: Holland Adinoff and Kelly Pucko

Adapted from:
Navigating the Social World: A Curriculum for Individuals with Asperger's Syndrome, High Functioning Autism, and Related Disorders
 By: Jeanette McAfee

Purpose: By engaging in group and individual activities, students will be able to recognize their own emotions and others. They will also be able to explain when and why they feel emotions.

GROUP	GOAL	ACTIVITY
1	SWBAT: recognize their own range of emotions	Group check-in Emotional scales
2	SWBAT: recognize other people's emotions	Group check-in Emotional scales Emotion charades
3	SWBAT: recognize other people's emotions	Group check-in Emotion bingo
4	SWBAT: match emotions to personal events/ times	Group check-in A time when I felt wrsht
5	SWBAT: match emotions to everyday activities	Group check-in How do You Feel When...wrsht I Feel... When... Because... Board Game
6	SWBAT: explain when and why they feel emotions	Group check-in I Feel... When... Because... Board Game

Group 1

I. Opening Relaxation Activity

- Deep Breath

II. Check-In

- How are you feeling today?
 - use emotion faces worksheet

III. Activity

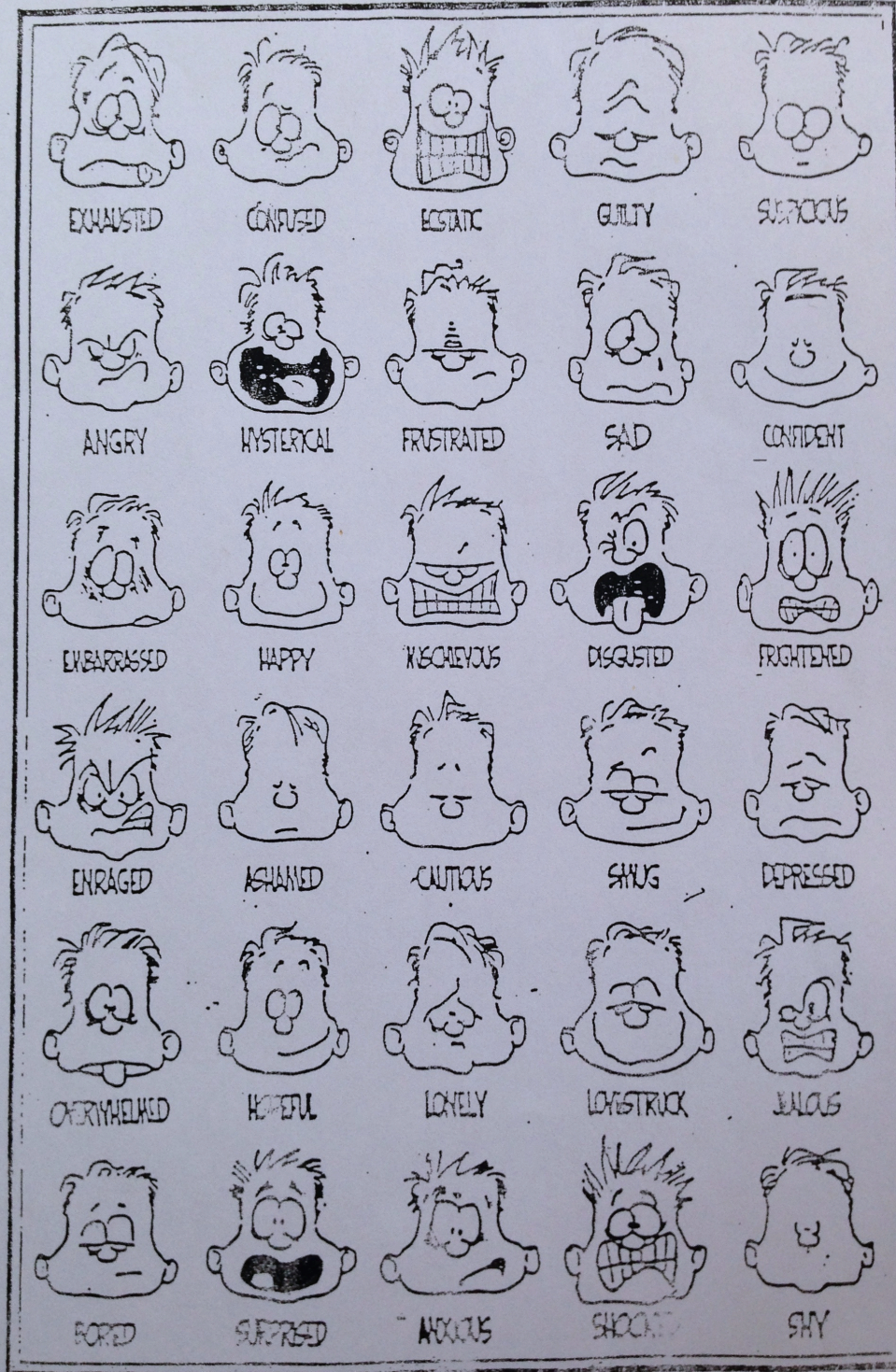
- Emotion Scale & List of Emotions Worksheet
 - How do you define your emotions on the scale? What words do YOU use?

[Start to wrap up Activity around 11:15]

IV. Closing Relaxation Activity

- Passive Relaxation Script (5-10 min)

How Are You Feeling Today?



Emotion Words

SECTION ONE

List of Emotions

AFRAID

Afraid
Anxious/Worried
Cautious
Frightened
Terrified
Uncertain

ANGRY

Angry
Enraged
Exasperated
Frustrated
Irritated

CONFIDENT

Confident
Courageous
Optimistic
Smug

CONFUSED

Confused
Perplexed
Puzzled

CURIOUS

Curious
Fascinated
Interested

HAPPY

Amused
Blissful
Contented
Ecstatic
Enthusiastic
Excited
Happy
Proud
Relieved
Satisfied
Silly

MISCELLANEOUS EMOTIONS

Bashful
Bored
Disgusted/Grossed out
Embarrassed/Sheepish
Guilty
Hopeful
Indifferent
Innocent
Jealous/ Envious
Love struck
Pleading
Self-conscious
Shocked
Shy

MENTAL STATE OF BEING

Arrogant/Vain
Bored
Concentrating
Determined
Disapproving
Disbelieving
Mischievous
Stubborn
Thoughtful

PHYSICAL STATE OF BEING

Cold
Exhausted
Hot
Miserable
Nauseated/Ill
Relaxed
Sleepy

SAD

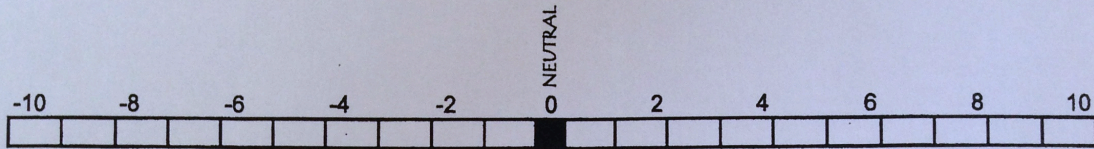
Depressed
Disappointed
Grieving
Hurt
Lonely
Sorry
Sad

Figure 2a. List of emotions for use with Program 2. Note that this is a fairly lengthy list. The student is not expected to learn or use every item on it. Rather, the list is intended to be used as a reference from which the student and/or teacher can choose a term that best fits a particular emotion.

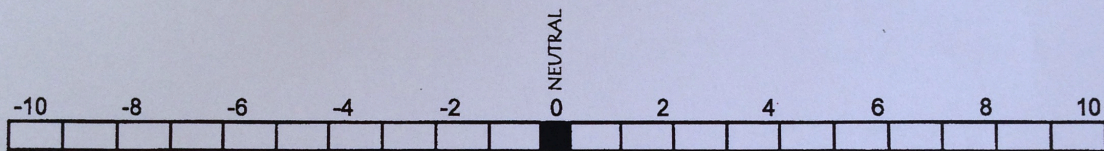
NAVIGATING THE SOCIAL WORLD

EMOTIONS SCALES

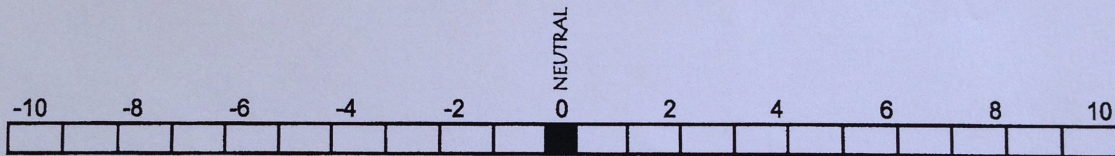
For: _____



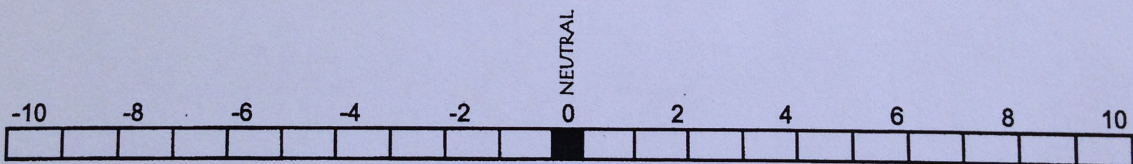
Sad vs. Happy



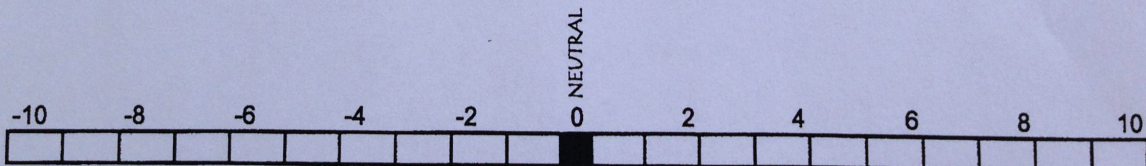
Tired vs. Energetic



Bored vs. Excited



Scared vs. Confident



Angry vs. Pleased

Scales showing 5 different opposites of emotions, each on a continuum. Have the student label the scales with his own choice of words. The words &/or scales can be colored with colors which the student has chosen to match the various emotions. [Note: it may be useful to enlarge this chart when photocopying it for use.]

From *Navigating the Social World*, Program 3.)

Group 2

V. Opening Relaxation Activity

- Deep Breath

VI. Check-In

- How are you feeling today?

VII. Activity

- Finish Emotion Scale & List of Emotions Worksheet
 - How do you define your emotions on the scale? What words do YOU use?
- Emotion Charades

[Start to wrap up Activity around 11:15]

VIII. Closing Relaxation Activity

- Passive Relaxation Script (5-10 min)

Emotion Charades

Expression DISGUST	Expression ANGRY
Expression NERVOUS	Expression SAD
Expression CONCERNED	Expression HAPPY
Expression SURPRISE	Expression GUILT
Expression EXCITED	Expression BORED
Expression SCARED	Expression DISAPPOINTED
Expression MISCHEVIOUS	Expression EXHAUSTED
Expression ANNOYED	Expression PROUD
Expression CONFUSED	Expression SUSPICIOUS
Expression CALM/RELAXED	Expression DETERMINED

Group 3

IX. Opening Relaxation Activity

- Deep Breath

X. Check-In

- How are you feeling today?

XI. Activity


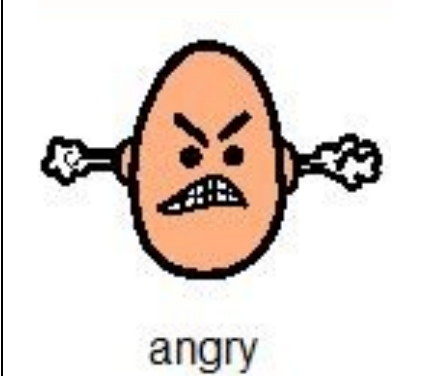
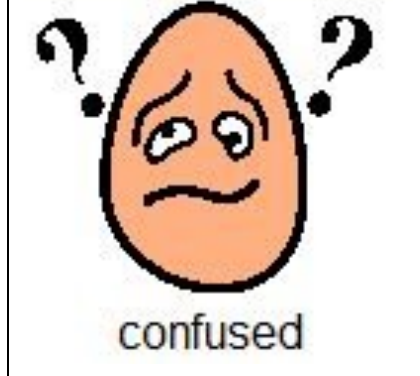
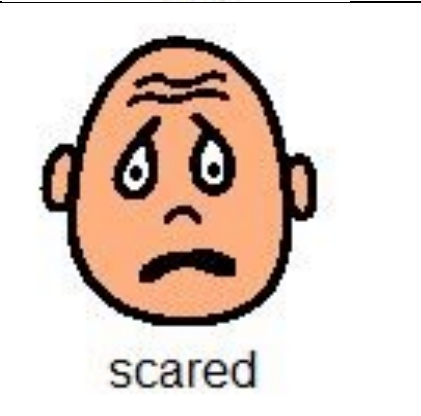


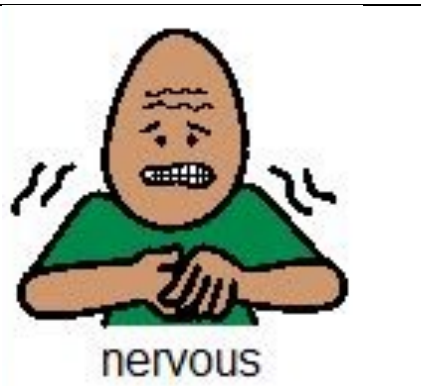
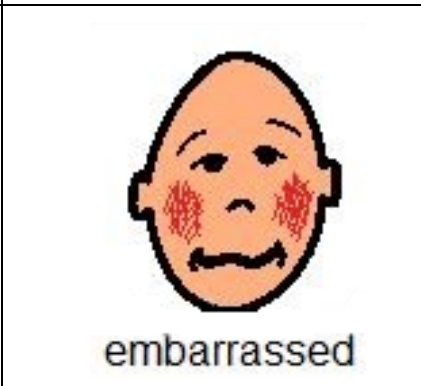
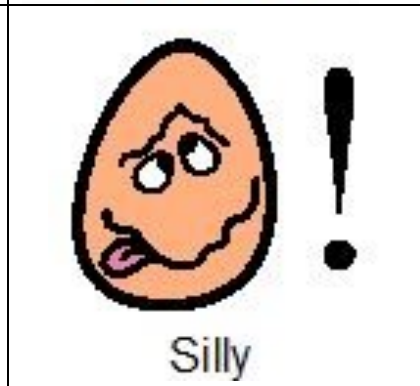
- Emotion Bingo

[Start to wrap up Activity around 11:15]


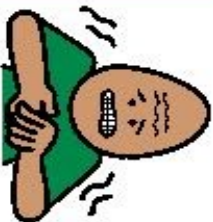







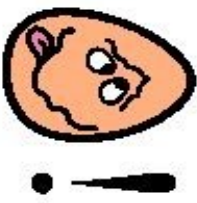





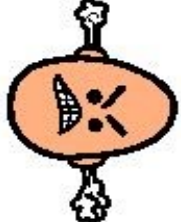







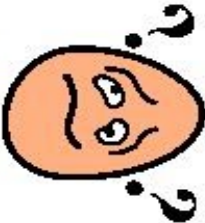
XII. Closing Relaxation Activity

- Passive Relaxation Script (5-10 min)

Emotion Bingo

 <p>happy</p>	 <p>angry</p>	 <p>confused</p>
 <p>scared</p>	 <p>sad</p>	 <p>frustrated</p>
 <p>nervous</p>	 <p>embarrassed</p>	 <p>Silly</p>

Emotions Bingo Master List

 excited	 nervous	 tired	 happy
 surprised	 thoughtful	 scared	 sad
 proud	 Silly	 frightened	 content
 interested	 annoyed	 hurt	 angry
 out of control	 frustrated	 depressed	 grumpy
 http://eechbabe.com/ embarrassed	 bored	 anxious	 confused

Group 4

XIII. Opening Relaxation Activity

- Deep Breath

XIV. Check-In

- How are you feeling today?

XV. Activity

- A time when I felt... worksheet

[Start to wrap up Activity around 11:15]

XVI. Closing Relaxation Activity

- Passive Relaxation Script (5-10 min)

A time when I felt.....

Silly

Confused

Sad

Disappointed

Angry

Frustrated

Bored

Worried

Lonely

Calm

Hopeful

Afraid

Surprised

Happy

Excited

Nervous

Group 5

XVII. Opening Relaxation Activity

- Deep Breath

XVIII. Check-In

- How are you feeling today?

XIX. Activity

- How do you feel when... worksheet
- I feel... when... because... Board Game

[Start to wrap up Activity around 11:15]

XX. Closing Relaxation Activity

- Passive Relaxation Script (5-10 min)

How do you feel when...

You find \$20:

You wake up late for school:

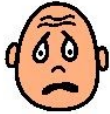
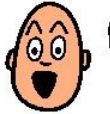





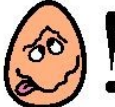






You hear someone say something mean about a friend:

You are going to lunch:

You finish class for the day:

I Feel, When, Because Board Game

1. I FEEL... 2. WHEN.... 3. BECAUSE....

You received a compliment	 scared			 surprised	Move back 1 space	
		 angry		Ask the person to your right how they are feeling	 frustrated	
 embarrassed		Move ahead 2 spaces		 nervous		
Move back 1 space					 proud	
 Silly		You are going to the cafeteria for lunch	Move ahead 1 space	 tired	You heard someone say something mean about a friend	
You woke up late for school		 bored				
			You finished class for the day	 excited	FINISH	
 sad						
Move ahead 1 space		 confused	You found \$20		 happy	START

Group 6

XXI. Opening Relaxation Activity

- Deep Breath

XXII. Check-In

- How are you feeling today?

XXIII. Activity

- Review How do You Feel When... worksheet
- I feel... when... because... Board Game

[Start to wrap up Activity around 11:15]

XXIV. Closing Relaxation Activity

- Passive Relaxation Script (5-10 min)