



# 100 Day Celebration

Developing the emotions every child need is vital in our fast changing world. Emotions are common in all languages and all cultures. When a family communicates in the same emotional vocabulary they are able to really understand each other better and there are fewer chances of misunderstanding.

Activity One: I am feeling...

Degree of Emotion	(1) HAPPY	(2) SAD	(3) ANGRY	(4) AFRAID/ FEAR
High Level Emotion	(5) Elated (6) Ecstatic (7) Jubilant (8) Overjoyed (9) Radiant	(20) Miserable (21) Crushed (22) Helpless (23) Worthless (24) Depressed	(34) Fuming (35) Furious (36) Outraged (37) Hated (38) Burned Up	(49) Panicked (50) Horrified (51) Terrified (52) Petrified (53) Desperate
Medium Level Emotion	(10) Surprised (11) Excited (12) Bubbly (13) Tickled (14) With Anticipation	(25) Forlorn (26) Dejected (27) Slighted (28) Defeated (29) Burdened	(39) Disgusted (40) Irritated (41) Hostile (42) Riled (43) Biting	(54) Alarmed (55) Fearful (56) Strained (57) Shaky (58) Jittery
Low Level Emotion	(15) Cheerful (16) Glad (17) Pleased (18) Amused (19) Relieved	(30) Resigned (31) Blue (32) Gloomy (33) Ignored	(44) Peeved (45) Bugged (46) Annoyed (47) Ruffled (48) Cross	(59) Uneasy (60) Tense (61) Anxious (62) Nervous (63) Puzzled

The eight primary emotions are in red. The next in green are the ten dyad emotions. The rest make up to your 100 emotions! Trust and Love are the hardest to put into a single category.

Activity Two: Act out 100 Emotions for 100's day

64 Delighted	71 Aggressive	81 Confident	91 Manipulated	WANT MORE
65 Glowing	72 Serenity	82 Creative	92 Optimistic	Delighted
66 Acceptance	73 Apprehension	83 Diplomatic	93 Practical	Glowing
67 Grief	74 Animated	84 Disrespected	94 Provoked	Disapproval
68 Optimism	75 Approachable	85 Eager	95 Realistic	
69 Awe	76 Belonging	86 Fascinated	96 Significant	
70 Contempt	77 Capable	87 Flustered	97 Welcomed	
	78 Collaborative	88 Fragile	98 Proud	
	79 Compassionate	89 Grateful	99 Trusted	
	80 Broken Hearted	90 Left out	100 Loved	

## I am feeling...

I give **parents/teachers** lots of suggestions on how to explain **emotions** and their intensity to young children.

### Young students can learn about emotions:

Here is a group lesson on the four basic emotions of Happy, Sad, Angry and Afraid. I usually do this with children as young as three. I call it "**Emotions Three Levels.**" We look at the four key **emotions** all 3 and 4 year olds know and how to fine-tune this so we can tell others how we really feel. **Parents** have reported that after their children understand these levels and have the actual vocabulary consistently working in the household there are fewer arguments.

Using your hands and arms show how an elevator goes up and down. This is how our **emotions** are also. We can be happy but have different levels of happy. Exaggerate with your facial expressions and explain how you might go from cheerful to being excited. When I was doing this with a group of students in Thailand, I started out with the story of coming to school and be very cheerful because I saw my friends playing on the playground. Then I remembered that it was my birthday so I went from being cheerful to being excited. I asked them to think about the word "jubilant" and what would make me feel even more happy or excited than my own birthday party. A four year old said "You would be jubilant if it was also the King's birthday." Remember children love stories so weave stories around these levels of **emotions**.

### 60 emotions for all five year olds

With five year olds I like to have them understand these 60 different **emotions**. I also give them the three-dimensional model of emotions from Plutchik so they understand how emotions vary in degrees.

We often use the analogy of an elevator or escalator so they can see low-level **emotions**, **medium level** of emotions and **high level** of emotions. I explain situations and they guess how I was feeling. I like to have the students work in small groups so they can discuss how they think I was feeling. Then it is really just a guessing game to see if they can match up with what I am talking about.

Example: Julia arrives at school and all of her friends are playing tag but they don't ask her to join in their game. Julia is feeling a low level **emotion** of sad. What might Julia be feeling? They will look over the five low level sad emotions and 'guess' what I might be feeling. This is a common feeling on the playground so I ask them to explore the emotion of 'ignored'. We give examples of other times we feel ignored.

### Many schools celebrate 100 Days!

I always try to get the class to run through 100 emotions. It causes a lot of drama and interesting times and they all try to act out the 100 different emotions that are listed here. I use that time to highlight the students who have really mastered the "look of that emotion" and they showcase it off to the rest of the group.