



# Emotions Chart

Use this chart to discuss emotions and understand how generosity affects well-being. Use the pictures to respond:

- How does being generous make you feel?
- How does receiving generosity make you feel?
- Tell a story about someone who felt an emotion that changed through an act of generosity.

Example emotions chart:



Nervous



Anxious



Overwhelmed



Annoyed



Angry



Jealous



Disappointed



Rejected



Sad



Depressed



Embarassed



Lonely



Confident



Optimistic



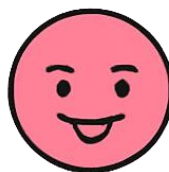
Hopeful



Excited



Energetic



Playful



Calm



Content