

# Worksheet for Autistic Students: Exploring Emotions

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Objective:** To help autistic students recognize and understand different emotions in themselves and others.

## Instructions:

1. Begin by discussing emotions and why they are important in our daily lives.
2. Use the provided emotion cards to identify and discuss emotions (e.g., happy, sad, angry, surprised).
3. Encourage the student to express their feelings using the emotion cards or by drawing their facial expressions.
4. Practice identifying emotions in others by observing facial expressions and body language.
5. Role-play scenarios where different emotions are experienced and appropriate responses.
6. Reflect on personal experiences and discuss how different emotions were expressed and managed.

## Emotion Cards:

1. Happy 😊
2. Sad 😞
3. Angry 😡
4. Surprised 😲
5. Confused 😕
6. Excited 😄
7. Worried 😟
8. Calm 😌

## Discussion Questions:

1. Can you identify which emotion is being shown in each card?

2. How do you feel when you experience each of these emotions?

3. What are some ways to express and manage each emotion?

4. How do you think others might feel when they experience these emotions?

**Reflection:** Reflect on the activities and discuss any new insights gained about emotions. Encourage the student to share strategies they can use to recognize and manage their own emotions effectively.

**Additional Activity:** Create a feelings journal to track daily emotions and reflect on what triggered them. Use the journal to identify patterns and develop coping strategies for managing difficult emotions.

**Conclusion:** Understanding and expressing emotions is an important skill for building strong relationships and managing daily challenges. By practicing identifying and discussing emotions, autistic students can develop valuable emotional intelligence skills that will support their social and emotional well-being.