

Name: _____



Emotions Survey

Read each statement about emotions. Circle whether you agree or disagree. When you are done, discuss your answers with the class.

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| 1. My emotions are important. | agree | disagree |
| 2. There is a "right" way to feel. | agree | disagree |
| 3. I should share how I am feeling with others. | agree | disagree |



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| 7. It is OK to be upset. | agree | disagree |
| 8. You can feel more than one emotion at the same time. | agree | disagree |
| 9. Crying is a sign of weakness. | agree | disagree |
| 10. Talking about your feelings can help you feel better. | agree | disagree |
| 11. People show emotions in different ways. | agree | disagree |
| 12. It is okay to ask for help when your feelings feel overwhelming. | agree | disagree |