

GUSTAFER YELLOWGOLD

GUSTAFER'S EMOTIONAL LITERACY WORKSHEET

BASIC QUESTIONS:

1. Is Gustafer emotional? If so, describe three ways that he expresses his emotions.

2. In which videos does Gustafer, or one of his friends, feel the following...

Empathy

Jealousy

Sympathy

Guilt

Fear

Love

Loneliness

Happiness

Anger

Success

Hurt

Jubilance

Grief

Discouraged

3. How did Gustafer behave when he felt each emotion?

4. Which of Gustafer's emotions have you experienced this week? How did you express it?

5. When does Gustafer identify with and understand his friend's difficulties, and what does he do to help them?

6. Pick three emotions that Gustafer expresses and say how you have experienced that emotion before and how you communicated it to someone close to you.

7. Pick three emotions that Gustafer expresses and describe how someone close to you experienced those emotions, how they communicated their feelings to you and how you supported them.

ADVANCED QUESTIONS:

8. For one whole day, write a list of all the emotions you feel throughout the day and describe how you felt. If an emotion led you to behave in a way you didn't feel good about, at the end of the day think of three ways that you could have communicated differently.

9. Pick the five emotions from each list that you feel most often, and list them in the order that you feel each one the most. For each positive emotion describe what might make you feel that way. For each negative emotion describe what might make you feel that way and explain how you might change the negative emotion into a positive one.



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GUSTAFAER YELLOWGOLD

EMOTIONS

POSITIVE

Accepted
Acknowledged
Appreciated
Aware
Capable
Comfortable
Competent
Confident
Connected
Deserving
Desirable
Encouraged
Energetic
Excited
Free
Focused
Fulfilled
Loved
Lovable
Happy
Independent
Jubilant
Motivated
Optimistic
Peaceful
Proud
Relaxed
Respected
Safe
Satisfied
Secure
Silly
Supported
Validated
Whimsical
Worthy



NEGATIVE

Afraid
Angry
Ashamed
Bitter
Bored
Confused
Depressed
Discouraged
Disrespected
Embarrassed
Forced
Frustrated
Guilty
Hopeless
Hurt
Inadequate
Ignored
Incompetent
Insecure
Lonely
Lost
Needy
Nervous
Pessimistic
Rejected
Resentful
Sad
Scared
Stupid
Tense
Trapped
Unloved
Worried

For more information about **Gustafer Yellowgold Arts Enrichment** programs please contact **Rachel Loshak**.



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