**Monday Lesson-** 8 facts about Emotions

[SEL Lesson Plan Week 6 Identfying Emotions-1.docx](https://hallco.instructure.com/courses/46018/files/2994827/download?wrap=1)

[Lesson worksheets Identifying Emotions.docx](https://hallco.instructure.com/courses/46018/files/2994805/download?wrap=1)

**Tuesday**- Barriers to Making a Positive and Healthy Relationship

Identifying your Emotions- [Link (Links to an external site.)Links to an external site.](https://www.cognitivehealing.com/depression/learn-how-to-identify-and-express-your-feelings/)

**Wednesday-** Emotional Wheel

Feelings Wheel- [Feelings Wheel in PDF.pdf](https://hallco.instructure.com/courses/46018/files/2994761/download?wrap=1)

[Emotional-Vocabulary-List-Color.pdf](https://hallco.instructure.com/courses/46018/files/2994797/download?wrap=1)

**Thursday-** Emotional Intelligence

[Link (Links to an external site.)Links to an external site.](https://www.youtube.com/watch?v=LzZD5akvxYw)

[emotional intelligence Survey Questionnaire.pdf](https://hallco.instructure.com/courses/46018/files/2994784/download?wrap=1)

**Friday-** Emotions in our Daily Lives

[Link (Links to an external site.)Links to an external site.](https://www.youtube.com/watch?v=nTII0cyUbQo)