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What Are Emotions?

When Abby got to school, there was a stranger in her classroom. The stranger was tall and had long hair in a ponytail. He was wearing glasses. Abby decided he looked funny. She went to her desk and sat down.

Abby's teacher, Mrs. Ricco, told the children to put their science books away. She told them they were going to have a special lesson.



Abby wasn't sure she wanted a special lesson. The stranger must be part of the lesson, she decided. Maybe he was going to tell them about outer space. Maybe he came from outer space! Sometimes Abby was grumpy in the mornings.

"This is Mr. Lockman," Mrs. Ricco said. "He is a counselor. He is here to talk to us about emotions."

"What's an e-motion? I know! It goes a-motion, b-motion, c-motion, d-motion, and e-motion!" Ernie grinned. Ernie always liked to joke around. He thought he was very funny.

All the children laughed. They thought Ernie was funny, too.

Mr. Lockman laughed. "That's a good idea," he said, "but it isn't exactly right. An emotion is a feeling."

"Does that mean something like feeling sick at your stomach?" Michele asked.

"No, it's more like feeling so excited or nervous that you get sick at your stomach," Mr. Lockman said.

"I feel sick at my stomach when we have a spelling test," Keith said. "I don't make very good grades on spelling tests."

Mr. Lockman nodded. "You feel afraid when there is a spelling test. The fear causes you to feel sick. Fear is an emotion. Who can think of another emotion?"

"When my grandmother died, I felt sad," John said. "Is sad an emotion?"

"Sadness is an emotion," Mr. Lockman said. "And so is loneliness. I bet you felt lonely, too."

"I did," John said. "I missed her very much."

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"When I won first prize in the art contest, I felt proud," Darion said.

"And I felt frustrated when I couldn't do the math homework," Travis added.

"Well, I felt embarrassed when I spilled my lunch tray all over the floor," Josie said.

"I am really worried about my pet lizard," Hugh said. "I let him out in my room, and now I can't find him."

"Will you be happy when you find him?" Mr. Lockman asked.

"I think he will be joyful," Seth shouted. Seth always seemed to be excited about something. He was loud, too. Abby was irritated by the noise he made.

"Don't be so loud, Seth," Mrs. Ricco said. "Try to be a little bit calmer."

"Wait! Wait!" Mr. Lockman laughed. "You are naming so many emotions that I can't keep up! Mrs. Ricco, will you write them on the board, please? Let's see, we have heard excited, nervous, afraid, sad, lonely, proud, frustrated, embarrassed, worried . . ." Mr. Lockman stopped talking and looked like he was thinking hard.

"We heard happy," Sam said.

"And joyful," Kathy added.

"I know one we haven't used," Tyler said loudly. "It's bored. I am bored!"

Now Abby was aggravated. "Tyler, that's rude! Besides, you always say you're bored about everything."

"That's okay, Abby," Mr. Lockman said. "Bored is another emotion for our list. So is aggravated. Is that how you are feeling now?"

"It is," Abby said.

"Tyler is just quarrelsome and provocative," Josh said. "That makes us feel perturbed, discontented, and acrimonious. I think we should be more compassionate."

"Oh, brother," Abby said. Josh loved long words and he afflicted the rest of the class with them.

"What a sentence!" Mr. Lockman said. "I see I will have my hands full with this class! I have to go to another class now. I will be back next week. We will talk about just one of our emotions - anger."

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"Thank you, Mr. Lockman," Mrs. Ricco said. "I know we will all be glad to have you come back."

Abby decided that Mr. Lockman wasn't a stranger after all. He sure knew a lot about feelings. Maybe she would ask him about feeling sad all the time. Maybe he would know about that, too.

What Are Emotions?

Questions

- _____ 1. Who was Abby's teacher?
- A. Mr. Smith
 - B. Ms. Richards
 - C. Mrs. Ricco
 - D. Mr. Lockman
- _____ 2. Mr. Lockman was a _____.
- A. pilot
 - B. third grade teacher
 - C. counselor
 - D. space alien
- _____ 3. What was Mr. Lockman going to talk about?
- A. eating healthy foods
 - B. the new books
 - C. emotions
 - D. exercise
- _____ 4. Which student liked to tell jokes and make people laugh?
- A. Ernie
 - B. Keith
 - C. Abby
 - D. Josh
- _____ 5. What is an emotion?
- A. a locked door
 - B. a feeling
 - C. a way to move around
 - D. a kind of safety device
- _____ 6. Who felt sick when he had to take a spelling test?
- A. Hugh
 - B. Keith
 - C. Ernie
 - D. Josh

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_____ 7. Which student always seemed to be excited about something?

- A. Seth
- B. John
- C. Tyler
- D. Travis

_____ 8. How did Abby feel most of the time?

- A. excited
- B. happy
- C. sad
- D. joyful

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How many of these can you write about? Think! Write! Check all the ones you answered.

- What do you think might be bothering Abby?
- Why do you think Tyler said that he was bored?
- Tell about a time when you felt frustrated.
- Do you think Mr. Lockman is a good counselor? Tell why or why not.
