WALT: To recognise and describe your emotions. Date:



Joy’s goal has always been to make sure you stay happy.

She is light-hearted, optimistic and determined to find the fun in every situation.

Joy sees challenges in your life as opportunities, and the less happy moments as hiccups on the way back to something great.

As long as you are happy, so is Joy.



Disgust is highly opinionated, extremely honest and prevents you from getting sick.

She keeps a careful eye on the people, places and things that you come into contact with — whether that’s broccoli or last year’s fashion trend.

Disgust always has the best of intentions and refuses to lower her standards



Anger feels very passionately about making sure things are fair for you.

He has a fiery spirit and tends to explode (literally) when things don’t go as planned.

He is quick to overreact and has little patience for life’s imperfections.



Fear’s main job is to protect you and keep you safe.

He is constantly on the lookout for potential disasters, and spends time evaluating the possible dangers, pitfalls and risk involved in your everyday activities.

There are very few activities and events that Fear does not find to be dangerous and possibly fatal.

None of the other Emotions really understand what Sadness’s role is.

Sadness would love to be more optimistic and helpful in keeping you happy, but she finds it so hard to be positive.

Sometimes it seems like the best thing to do is just lie on the floor and have a good cry.