The Win/Mac CD-ROM includes a PDF file for printing the book pages. __Also provided on the disk__ is a folder of JPEG images that includes the photos of facial expressions used for the exercises in the book, and our complete collection of emotion symbols. These images may be freely used to create student materials.

The PDF file requires Acrobat Reader software. If Acrobat Reader is not already on your computer, it can be installed from the CD:

**Windows:** Run ARINSTALL.EXE on the CD.

**Mac:** Run Reader Installer on the CD.

After installation, run Acrobat Reader and open the file __FocusFeelings.pdf__ from the CD to view or print book pages.
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Lee works in the shipping department. Would you like to have his job?
Emotion dictionary

**proud**

Proud means: Pleased with something you have or did.

I am good at my job and that makes me proud.

**worried**

Worried means: Afraid or anxious about something.

My sister is late and I am worried about her.

**happy**

Happy means: Glad, pleased, or comfortable.

I am happy to be out in the sunshine.

**eager**

Eager means: Excited about doing something.

I am eager to go to the zoo.
I work for a music company.
I work in the shipping department.
We have to send out many boxes every day.
I got 32 boxes ready today.
I did my work faster than I ever did before!

How do I feel?

- disgusted
- proud
- sad
I find a note from my boss.

There is a piece of paper in my mailbox at work. It reads: “Please come to my office right away.” It is signed by Linda, my boss. Why does she want to see me? Did I do something wrong?

How do I feel?

worried  eager  happy
I am not in trouble at all.
Linda says I am doing a great job!
Linda is holding out two tickets to Friday’s baseball game.
She says, “I won these tickets. Do you want them?”
Are you kidding?

How do I feel?

mad
startled
happy
Today is Friday, the big day.
Linda says I can take the whole afternoon off.
I cannot wait to get to this game.
I am going to eat popcorn or a hot dog.
Maybe I will eat both!
Connect the face to the feeling.

- happy
- proud
- worried
- eager
- sick
What do you think?

Why was Lee worried about talking to his boss?

Two of these people feel worried.

Can you find them?
Lee has a hard decision to make.
Do you ever have to make hard decisions?

or

or

?
conflicted

Conflicted means: Not able to decide.

I am conflicted about whether to watch baseball or football on TV.

relieved

Relieved means: Feeling that worry or stress has been taken away.

I am relieved the test is over.

startled

Startled means: Suddenly surprised or frightened for a moment.

I was startled when the door blew open.

thrilled

Thrilled means: Excited and very happy.

I was thrilled to meet my favorite actor.
I have two tickets for the big game.  
I also have two best friends who love baseball.  
Two people plus me is three, but I only have two tickets.  
Which friend should get the second ticket?  
I do not know what to do!

How do I feel?  
conflicted  
scared  
thrilled
I decide to talk to my friends about the problem. We figure out that we can pay for one ticket. We can buy the ticket together and split the cost. That way, it will not cost any of us very much money. Now we all can go to the game together!
We get to our seats and cheer for our team. Suddenly I see popcorn flying everywhere. A man behind me is falling forward. He is spilling his popcorn all over me. I was not expecting that!

How do I feel?

- proud
- happy
- startled
I shake off the popcorn and watch the rest of the game. My favorite player, Mike Fox, hits the winning home run. He hits the ball into the right field stands, and I catch it! This is the best game ever! I am going to ask Mike to sign this special baseball.
Connect the face to the feeling.

thrilled

conflicted

startled

relieved

sad
Two of these people feel conflicted.

Can you find them?

Why was Lee conflicted about his two tickets?
Problem solved!

After school the boys tell how this argument started. The fight was about last Friday’s soccer game loss. Yesterday Jay said Raj was the “goat” who blew the game. I ask him to apologize, and he does. Now they are even shaking hands!

How do I feel?

tired

annoyed

satisfied
Connect the face to the feeling.

- relieved
- thrilled
- worried
- scared
- satisfied
A Big Problem

Two of these people feel scared.

Why was Adina scared about the fight?

Can you find them?
Choose one face for each feeling.

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</table>
Choose one face for each feeling.

- Confused (Page 54)
- Disappointed (Page 62)
- Disgusted (Page 110)
- Eager (Page 6)
- Embarrassed (Page 46)