

EMOTION RADAR

How Media Moves Me

Track • Reflect • Think critically

Name _____

Date _____

Am I reacting - or thinking?

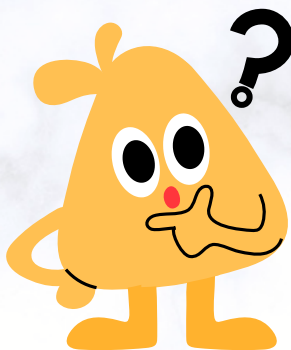
Quick Guide to Your Emotions

Remember: emotions make us human!

					
Happy	Peaceful	Fear	Surprise	Sad	Anger
Content Cheerful Proud Confident Silly Energetic Excited Enthusiastic Eager Hopeful Optimistic Elation	Calm Loving Affectionate Trusting Relaxed Thoughtful Caring Thankful Accepted Valued Inspired Passionate	Shy Nervous Worried Anxious Regret Excluded Insecure Embarrassed Scared Frightened Terrified Panic	Startled Confused Shocked Overwhelmed Speechless Curious Amazed Moved Awe-struck Crushed Stunned Bewildered	Bored Tired Lonely Guilty Disappointed Hurt Insignificant Inferior Rejected Hopeless Depressed Miserable	Annoyed Frustrated Irritated Jealous Offended Mad Disgusted Hateful Furious Agitated Enraged Hostile

The **3** Easy Steps:

1. Notice what you feel
2. Slow down & investigate
3. Reflect & connect patterns



Am I reacting - or thinking?

What did I just see?

On what platform? Briefly describe it.



First emotion

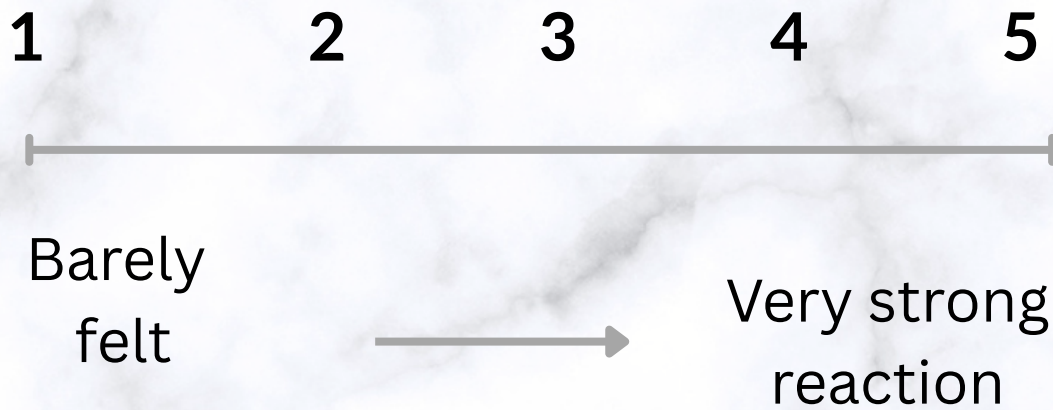
Circle or highlight.

Anger
Fear
Excitement
Happiness
Disgust
Sadness
Surprise
Pride
Anxiety

Other: _____

Am I reacting - or thinking?

Intensity scale



Body check

Where did I feel it?

☐

Chest

☐

Stomach

☐

Head

☐

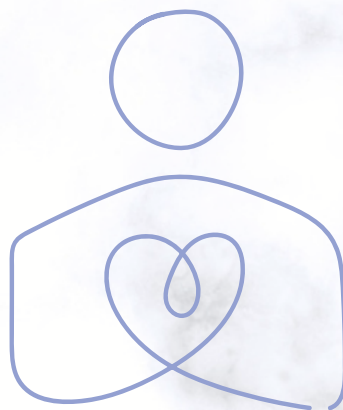
Shoulders

☐

Face

☐

Nowhere else



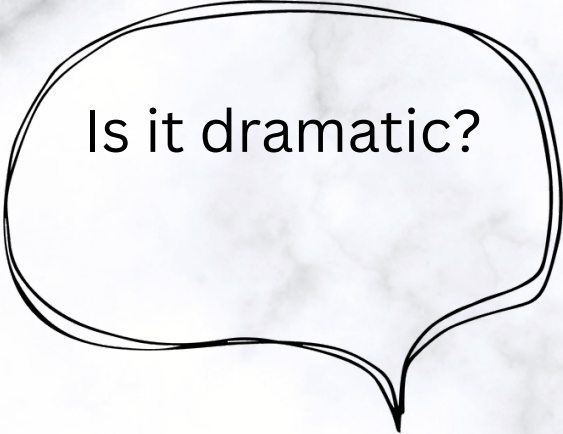
Am I reacting - or thinking?

Slow Down & Investigate

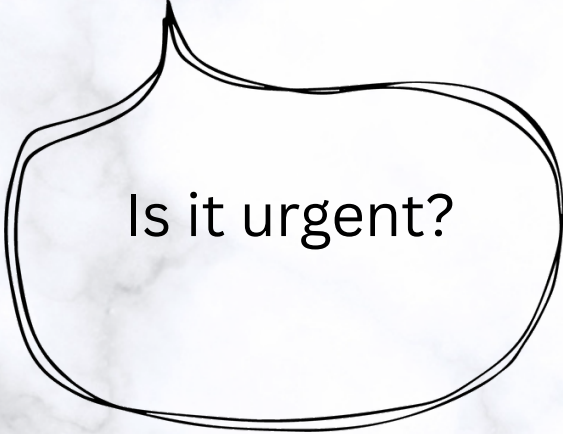
Why might I be feeling this?



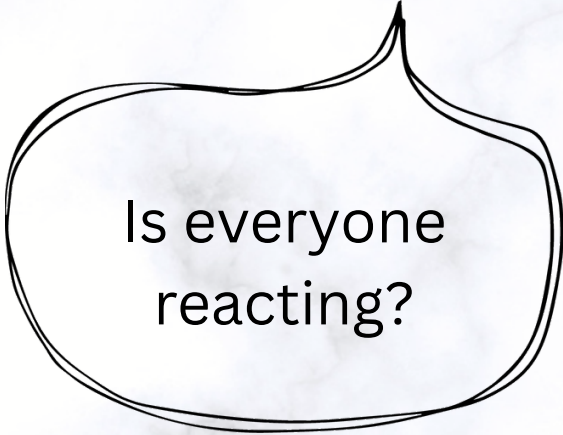
Does it confirm
my beliefs?



Is it dramatic?



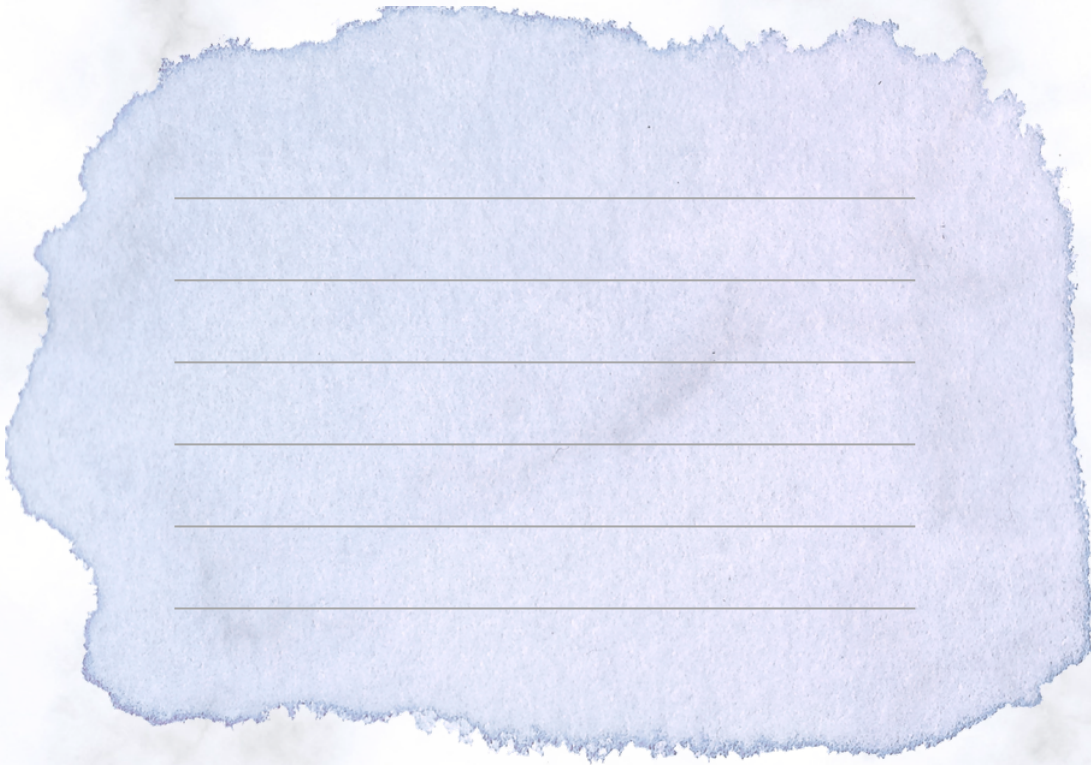
Is it urgent?



Is everyone
reacting?

Am I reacting - or thinking?

What might the creator WANT me to feel?



A blue, torn-edge rectangular area containing six horizontal lines for writing.

Who benefits if I react strongly?

- ☐ Creator
- ☐ Platform
- ☐ Advertisers
- ☐ Political group
- ☐ Not sure

Am I reacting - or thinking?



Think Like a Media Detective

What information might I be missing?

Did I check the source?

Would I react the same way tomorrow?

Did emotion affect my judgment?

Two sets of horizontal lines for writing, each set containing 10 lines. The lines are contained within two light blue, torn-edge rectangular boxes.

Am I reacting - or thinking?

Reflection Page



Which platform triggered me the most?

When was I most likely to share?

Are my strongest reactions mostly positive or negative?

What surprised me most about myself?

Am I reacting - or thinking?