



# Sharing Emotions



Happy, sad, angry, scared... emotions are reactions to how something or someone makes us feel and can change very quickly. Some emotions are positive, while others make us feel bad. We all share and display our emotions in different ways.

Sharing our emotions online may draw a large amount of attention to us, both good and bad. It may also hurt other people. Think about experiences that make you feel excited, jealous, proud, disappointed and more. Then, think about the best places and ways to share those emotions. Remember, the Internet doesn't forget; what we post and share there is permanent, and we can't erase it!

**Instructions:** First, note 2-3 examples of items you'd share online, information best shared face to face and things you may want to simply share privately in a diary or journal.

Then, review the examples below and determine if they would be safe to share via online post, or better shared face to face or privately in a diary or journal. Once you've decided, draw a line to the appropriate method of sharing.

## Online Posts

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## Face to Face

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## Private Diary/Journal

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Below: Draw a line from each statement on the right to either ONLINE, FACE TO FACE or DIARY/JOURNAL.

ONLINE

FACE TO FACE

DIARY/  
JOURNAL

I despise Ms. Doe. She is the worst teacher on the planet!!

She smells so bad! Somebody please give her deodorant and a shower.

I can't believe BMS won the track tourney! You all are amazing!!

A picture of you holding your trophy.

(Think: Is your team/school name on your jersey or the trophy?)

Best. Weekend. Ever.

My parents are so MEAN. Can't stand them! Hate them!

Love my BAE, Sarah.

A picture of you hiking from a recent vacation.

A new puppy!! How adorable is he?! (with a picture of your new dog)

Ugh... hate Joy.

Straight A's this semester! Yep, I'm smart. 😊

☹️ Depressed. ☹️

