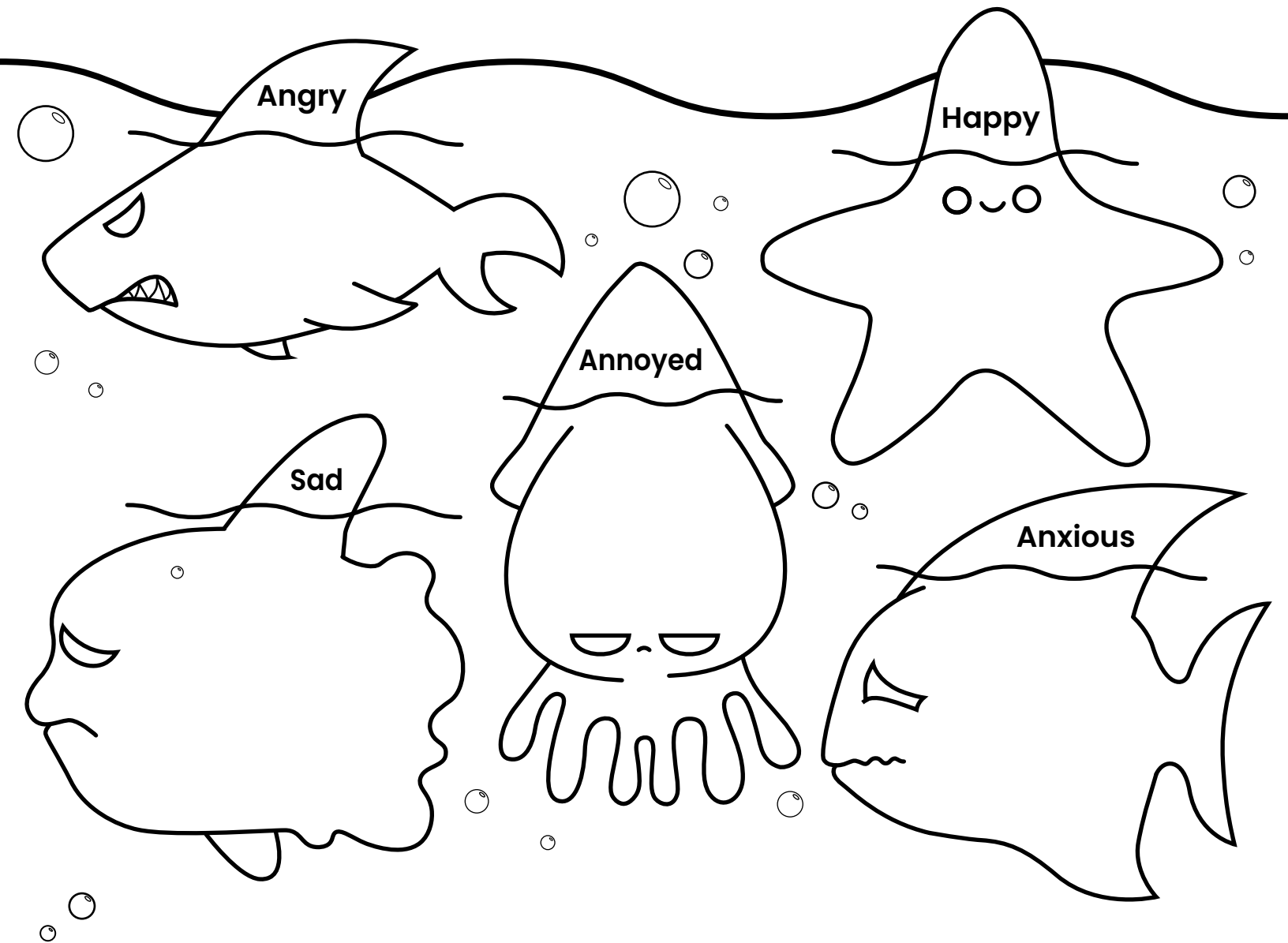


# MIGHTIER™ Under the Sea

**Emotions are complicated!** What you see on the outside isn't always the same deep down. Sometimes there are hidden emotions below the surface. For example, you may seem brave on the surface, but underneath, you are a little bit scared. Or you could look angry, but below, you are also feeling confused.

For this activity, think about the emotion you see on the surface, and then dive below and write down another emotion you could be feeling at the same time. Maybe on the surface, you are happy, but deep down, you are a little jealous.

Now let's dive deep and figure out all our feelings!



**Here's a list of emotions to help you get started.  
Feel free to add your own!**

- |             |           |         |          |              |
|-------------|-----------|---------|----------|--------------|
| Confused    | Curious   | Hopeful | Excited  | Disappointed |
| Jealous     | Lonely    | Anxious | Relieved | Frustrated   |
| Embarrassed | Surprised | Afraid  | Tired    | Nervous      |