



Understanding My Emotions: A Day at the Hospital

An EZducate Social Learning Story

Target Skill: Emotions

Reading Level: Teen

Story Type: Everyday

Approach: Explicit

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Today, I am at the hospital with my mom. I am almost 14 years old, and it feels different being in this place. My mom is here to support me, and she reassures me that everything will be okay. The nurses need to take some samples to help the doctors understand how my body is doing.



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Today, I am at the hospital with my mom. I am almost 14 years old, and it feels different being in this place. My mom is here to support me, and she reassures me that everything will be okay. The nurses need to take some samples to help the doctors understand how my body is doing.



I can see the nurses preparing the equipment. Sometimes, the sight of needles might make people scared or nervous. It's okay to feel this way. I take a deep breath and focus on a spot on the wall. I remind myself that the nurses are here to help me get better.





The doctor comes in to talk to us. He has a kind smile and asks how I am feeling. It's important to tell the truth about my feelings, so I tell him that I am a little anxious but also curious. The doctor explains that feeling worried is normal but that his job is to take care of me and answer any questions I have.



I wonder why they need my blood. The doctor explains in simple terms that the blood samples can show them how my body is functioning. This helps them understand if there is anything they need to do to make me feel better. Knowing this makes me feel a bit more comfortable.

After the samples are taken, the doctor asks how I am feeling again. By checking in with my emotions, I can learn to express them clearly. I tell him that I feel relieved that the samples are done and proud of myself for handling it well. He tells me that it's great to identify and express how I feel.

The doctor also explains that it's important to talk about any emotions I might have, like being scared or upset, with people I trust, like my mom or the nurses. This helps everyone know how to support me. I feel grateful knowing that I am not alone in this.



Before we leave, my mom reminds me that I did a great job today. I took deep breaths and faced my fears. I used my words to describe my feelings. These actions help me manage tough situations better. I realize that understanding and expressing emotions is an important part of growing up.

Key Social Concepts

express emotions

ask questions

understand procedures

seek support

Social Rules

- describe emotions clearly
- ask questions when unsure
- talk to trusted adults about feelings



Social Understanding Questions

1. Why does the doctor ask how the narrator is feeling?

- A. To know if the narrator is in pain.
- B. To understand the narrator's emotions and provide support. *
- C. To check if the narrator needs more tests.
- D. To see if the narrator likes the hospital.

2. What does the story suggest you should do if you're scared or worried?

- A. Ignore the feelings and hope they go away.
- B. Keep the feelings to yourself.
- C. Talk about them with someone you trust, like a parent or nurse. *
- D. Pretend to be brave and not show any emotions.

3. How does the narrator manage their fear of needles?

- A. By running away from the room.
- B. By focusing on a spot on the wall and taking deep breaths. *
- C. By refusing to have the procedure done.
- D. By holding onto their mom's hand tightly.

4. What emotion does the narrator feel after the samples are taken?

- A. Sadness
- B. Relief *
- C. Anger
- D. Confusion

* Indicates the correct answer



Social Cues Guide: Emotions

Skill Description

Understanding and appropriately responding to emotions based on observing social cues, such as facial expressions, body language, and tone of voice. This skill helps in building empathy and effective communication.

Social Cues to Watch For

[object Object]

Common Misunderstandings

- Confusing emotions when facial expressions are subtle, e.g., mistaking a worried look for an angry one.
- Assuming that loud voices are always indicative of anger when they might be expressing enthusiasm.
- Believing that people are always happy if they are smiling, without considering the context or any other non-verbal cues.

Practice Scenarios

1. Alex notices Jamie is sitting apart from the group with crossed arms and a frown. How might Jamie be feeling? What could Alex say to Jamie?
2. Taylor hears Sam speaking in a quiet, shaky voice after receiving a low test score. How might Sam be feeling? What words of comfort could Taylor offer?
3. During a team project, Jordan sees Casey smiling but her hands are tightly clasped. How might Casey be feeling about the project, and what questions could Jordan ask to understand better?
4. Morgan observes Riley enthusiastically waving his arms and speaking loudly about his weekend. What emotion is Riley likely feeling, and how should Morgan join in the conversation?
5. When Maddy receives a compliment, she looks down and blushes. What might Maddy be feeling, and what are some kind words that could encourage her?