



Practicing Mixed Emotions

1. Do you think it's possible to be brave **and** afraid? Why or why not?
2. Do you think you can be articulate **and** sad? Why or why not?
3. Do you think you can be respectful **and** angry? Why or why not?
4. Can you write about a time when you felt one of these sets of emotions? For example, have you felt sad, but were you also able to express yourself?
5. Read *As Fast As Words Can Fly*, and take note of examples where you see someone being brave/afraid; articulate/sad; respectful/angry. Write those examples down.
6. **Your Choice** – Create something that expresses anger and bravery, sadness and articulation, anger and respect. You can make a collage, comic strip, write a letter, greeting card, a short story, or poem.