



# LANGUAGE LEARNING TREK



Scan the QR Code, tap the green button, or type in the URL to access this Language TREK video!

[bit.ly/trekemotions](https://bit.ly/trekemotions)

**T**

**Trap** an emotion by playing the TREK video that is linked above and pausing it on a random card.

**R**

Carefully **read** the emotion's information and pay special attention to its spelling. Try saying it out loud!

**E**

**Exercise** by spelling out the emotion's name. You do so by performing the exercise and number of repetitions assigned to each of the letters in the name. Spell it in order and perform each letter (even if it appears multiple times in the name)!

**K**

Show that you now **know** that emotion by writing its name and sorting it on this sheet!



## BLUE ZONE



## GREEN ZONE



## YELLOW ZONE



## RED ZONE

