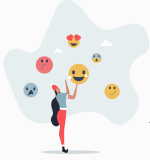


Name:

Date:

Section:

briantolentino.com Score:



The Emotional Rollercoaster Challenge



Your mission is to write a story that takes the reader on an emotional journey. You will choose emotional words from the list and weave them naturally into your story.

Joy	Fear	Confusion	Panic
Happiness	Anger	Disappointment	Rage
Excitement	Sadness	Embarrassment	Desperation
Hope	Guilt	Curiosity	Euphoria
Pride	Shame	Determination	Dread
Love	Anxiety	Nervousness	Shock
Relief	Frustration	Suspicion	Awe
Confidence	Loneliness	Doubt	Bitterness
Gratitude	Jealousy	Overwhelm	Courage
Calm	Regret	Anticipation	Satisfaction

Step 1: Choose Your Level

Decide how challenging you want this task to be:

- **Bronze:** Use at least 10 emotional words
- **Silver:** Use at least 20 emotional words
- **Gold:** Use at least 30 emotional words
- **Platinum:** Use all 40 emotional words



Step 2: Write Your Story

- Your story should be **at least 150 words**.
- Underline or highlight each emotional word as you use it
- Make sure your story has a *clear beginning, middle, and end*



