

Emotions

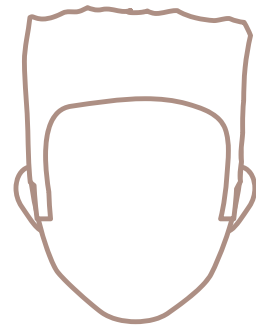
Draw the expressions on the faces to match the emotion.



happy



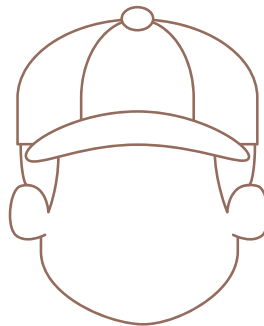
shocked



sad



angry



bored



worried



surprised



confused



anxious

Name:

DRAW HOW YOU FEEL

Draw arrows to different parts of your body and explain how you experience those feelings.

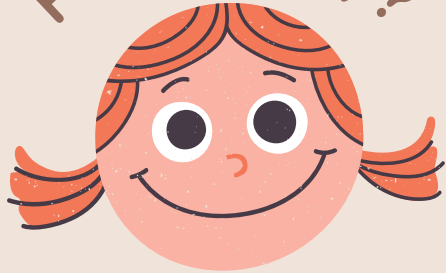


How does happiness make you feel?
What about being worried? Hungry? Excited? Nervous? Angry?

Words for My Feelings

Did you know that there are several words for our feelings? Check them out.

Feeling happy?



You can also be feeling:

Cheerful
Joyful
Glad
Wonderful

Feeling sad?



Maybe you're also feeling:

Gloomy
Blue
Down
Unhappy

Feeling energized?



You can also be feeling:

Inspired
Curious
Creative
Focused

Feeling angry?



You can also be feeling:

Mad
Annoyed
Frustrated
Furious

TODAY I FEEL...

Tick the jar according to how you are feeling today



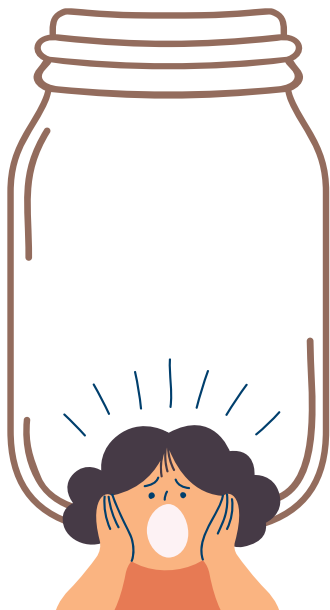
HAPPY



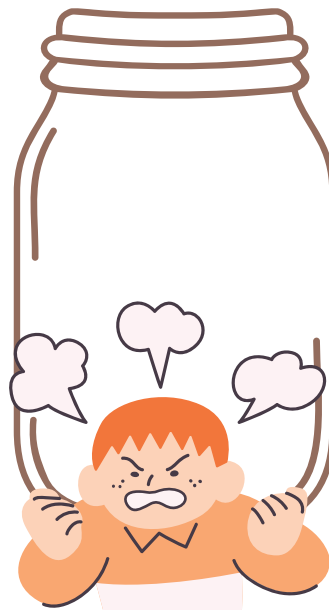
ANXIOUS



FUNNY



SURPRISED



ANGRY



When I feel SCARED

Things that make me feel scared are:

This is how my face looks:

My body responds by:

The opposite of feeling scared is:

My face when I feel this way:



Things I can do to help myself feel brave are:



When I feel **HAPPY**

Things that make me feel Happy are:

This is how my face looks:

My body responds by:

The opposite of feeling Happy is:

My face when I feel this way:



Things I can do to help myself stay happy are:

NAME: _____

FEELINGS CHECK-IN

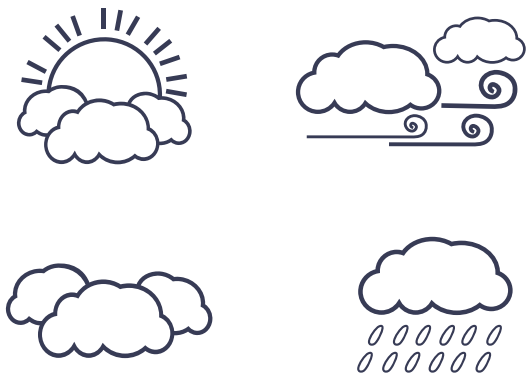
Today is...

Circle the day today:

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

The weather is...

Color the picture of your answer:



I feel...

Write the name or color of your feeling:

Circle the picture of what you are looking forward to today:

