

**How Do  
You Feel?**





# Name the Feeling





# Name the Feeling



calm



afraid



# Name the Feeling





# Name the Feeling



happy



mad



# Name the Feeling





# Name the Feeling



frustrated



sad



# You can use many words to describe feelings and emotions.









What words can you add to this chart?



Name \_\_\_\_\_

## Feelings and Emotions Chart

Fill in the chart with more words that can be used to describe different feelings below.

Happy	Sad	Angry	Disgusted	Frustrated	Afraid	Calm	Surprised
							

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# How do you describe your feelings and emotions throughout the day?



I feel afraid because  
I saw a spider.



I feel happy because  
I tried my best on my  
schoolwork.



I feel angry because  
my shoes got wet.



# How do you feel right now?



CAN YOU NAME SOME FEELINGS AND EMOTIONS?



# Check in with your feelings throughout the day.



Name \_\_\_\_\_

## How Are You Feeling?

Our feelings, emotions, and moods change often throughout the day. Color the feeling faces, then post them inside your frame to show how you're feeling.

Cut the slot above and insert your folded feeling!

Cut the slot above and insert your folded feeling!

SAD

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