How Do You Feel?

Name the Feeling

Name the Feeling

calm

afraid

Name the Feeling

Name the Feeling
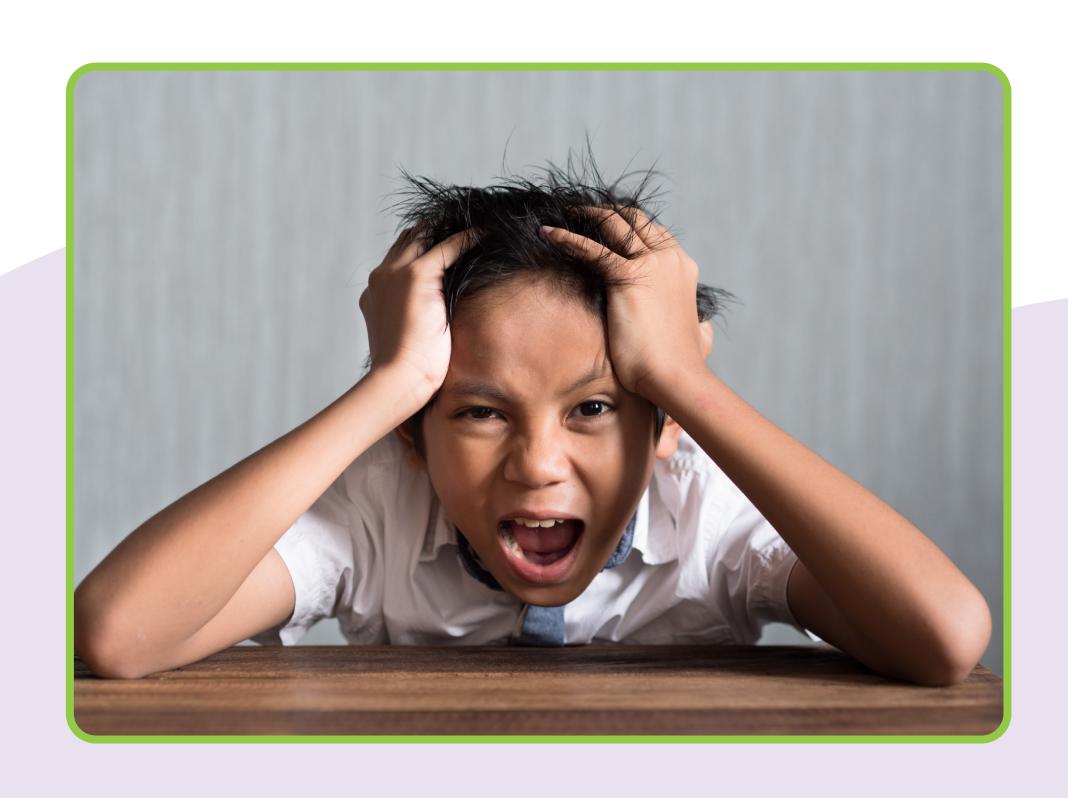

happy

mad

Name the Feeling

Name the Feeling
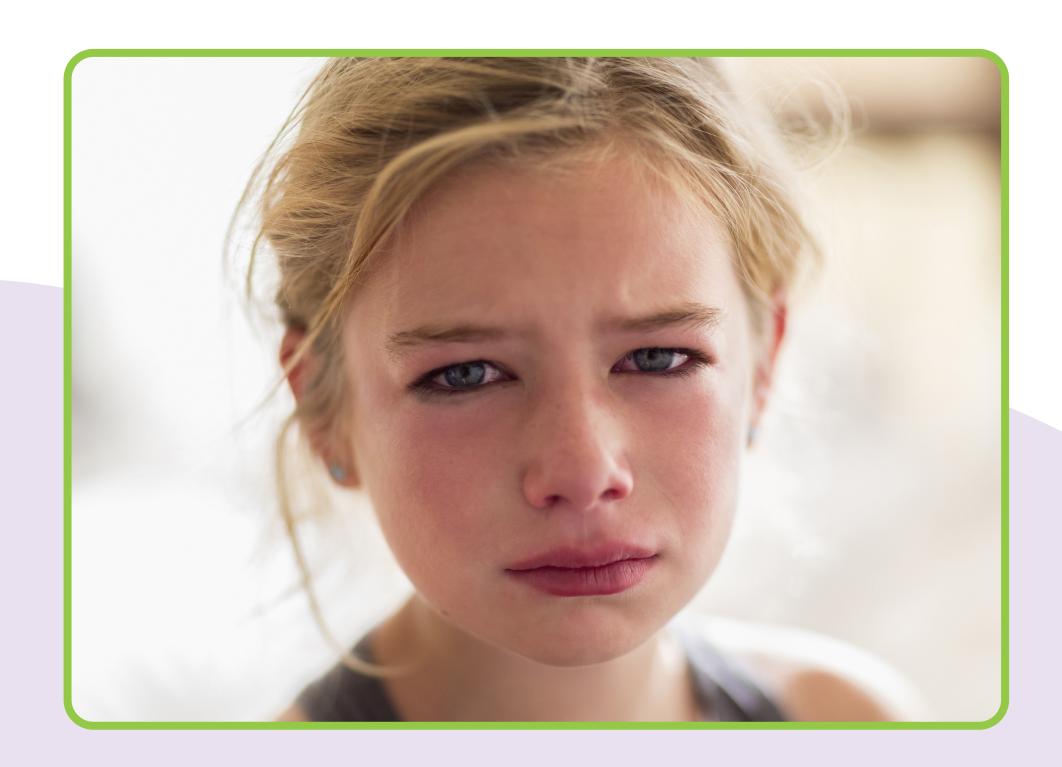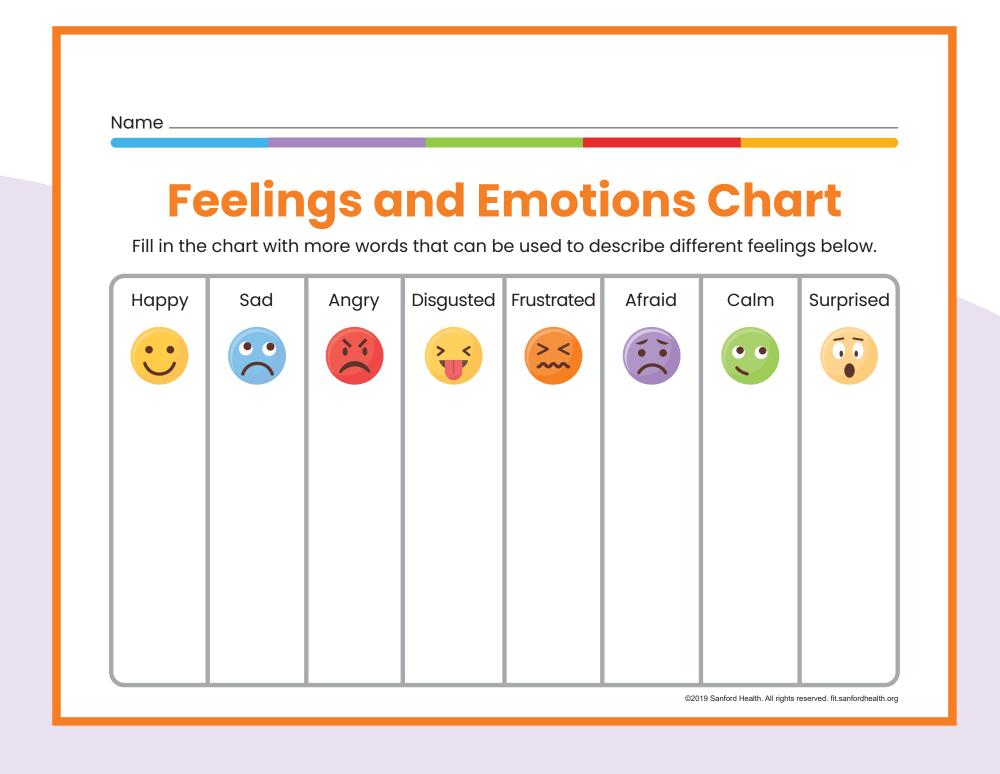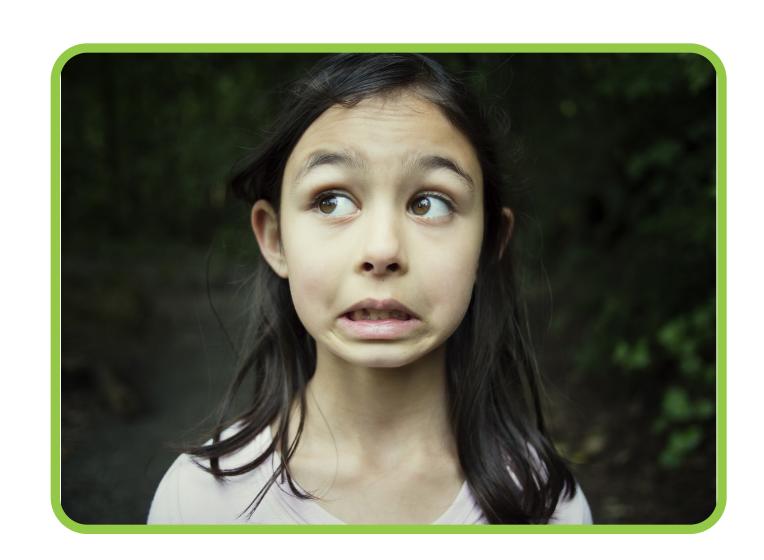

frustrated

sad

You can use many words to describe feelings and emotions.

What words can you add to this chart?

Feelings and Emotions Chart

Name

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

Happy	Sad	Angry	Disgusted	Frustrated	Afraid	Calm	Surprised

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

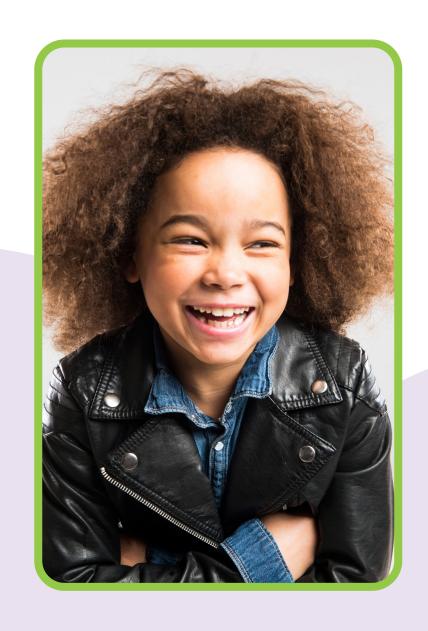I feel afraid because I saw a spider.

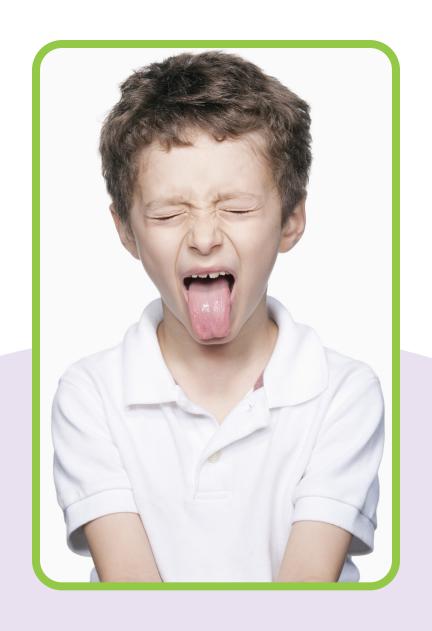I feel happy because I tried my best on my schoolwork.

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.

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

SURPRISED

Name _____