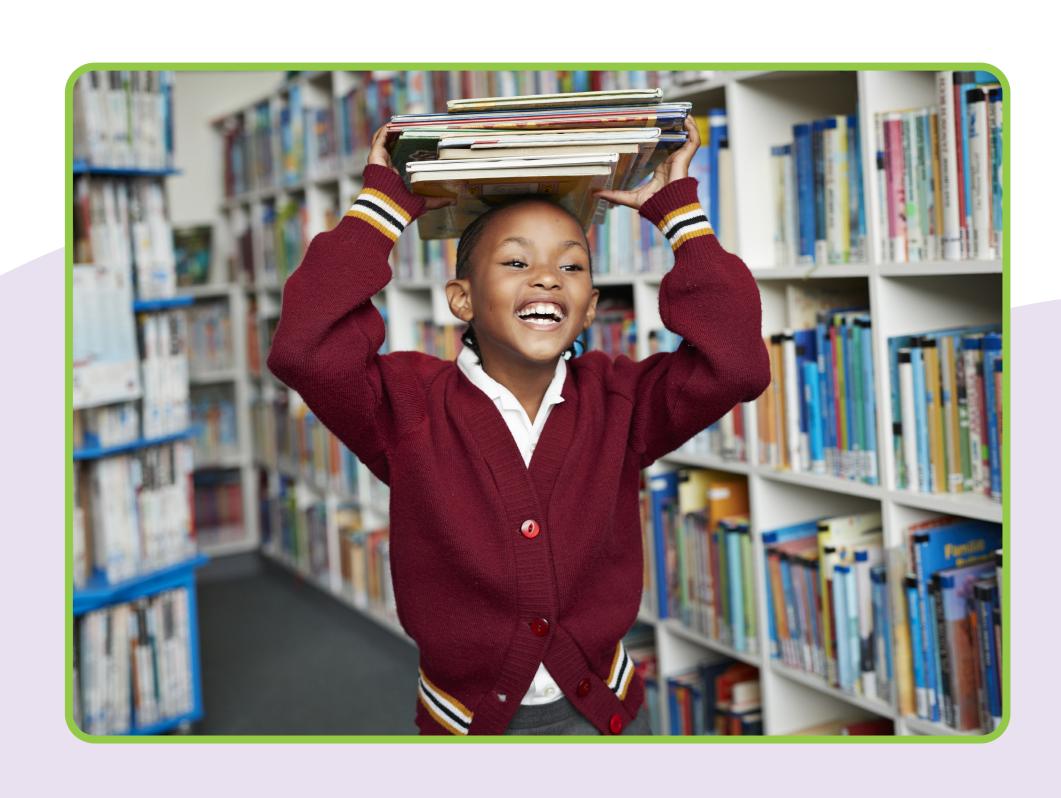




calm



afraid







happy



mad







frustrated

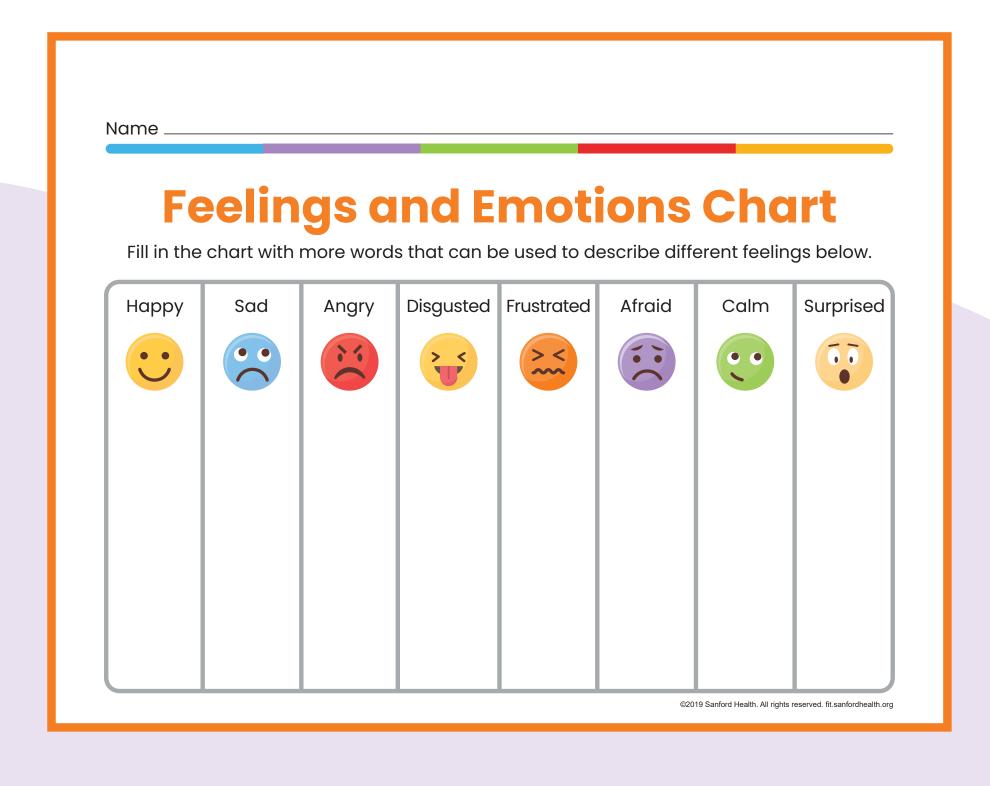


sad

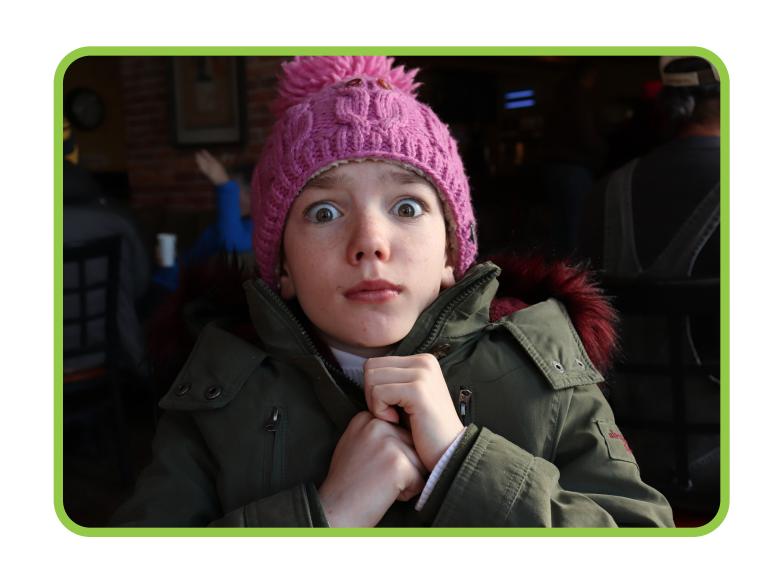
You can use many words to describe feelings and emotions.

What words can you add to this chart?





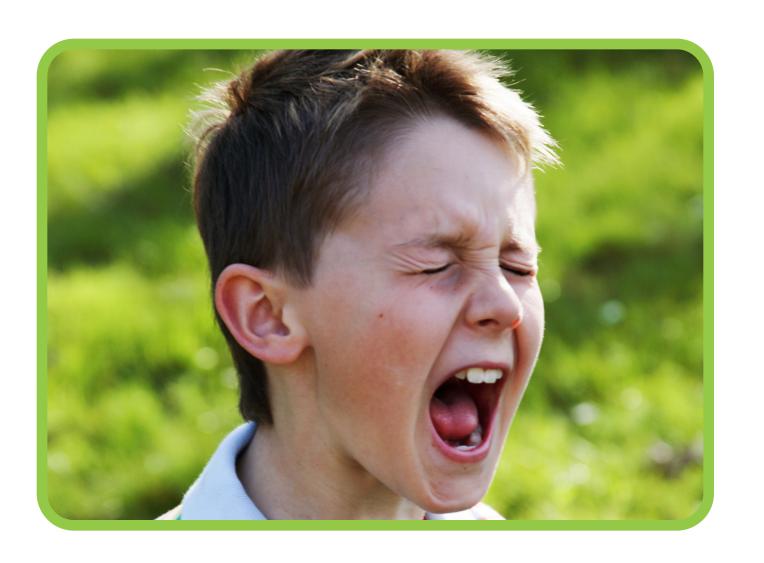
How do you describe your feelings and emotions throughout the day?



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.





