

**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.

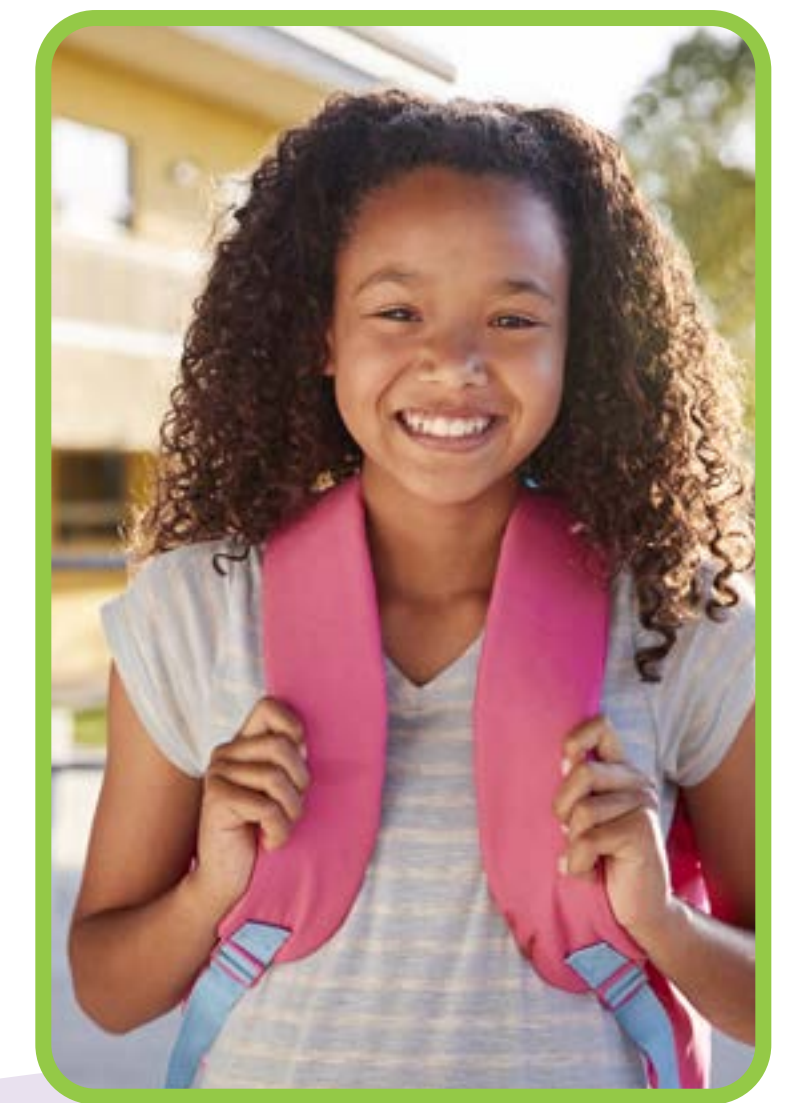


I feel happy because
I tried my best on my
schoolwork.



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. Write or draw your feelings and emotions at different times during the day.

Morning

Right Now

After School

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