SEL · FEELINGS AND EMOTIONS · GRADES 1–3

Comfortable and Uncomfortable Feelings

Sort twelve feeling words into comfortable and uncomfortable feelings. All feelings are okay.



Name: _____ **Date:** _____

All feelings are okay. Comfortable feelings feel good in your body. Uncomfortable feelings can feel heavy, tight or jumpy. Everyone has both kinds.

Word bank

joyful · nervous · proud · lonely · calm · frustrated · excited · jealous · grateful · embarrassed · hopeful · disappointed

Write each feeling word in the right box.

Comfortable feelings	Uncomfortable feelings

One thing I can do when I have an uncomfortable feeling:

_____

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ANSWER KEY · FEELINGS AND EMOTIONS · GRADES 1–3

Answer Key: Comfortable and Uncomfortable Feelings

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



All feelings are okay. Comfortable feelings feel good in your body. Uncomfortable feelings can feel heavy, tight or jumpy. Everyone has both kinds.

Word bank

joyful · nervous · proud · lonely · calm · frustrated · excited · jealous · grateful · embarrassed · hopeful · disappointed

Write each feeling word in the right box.

Comfortable feelings	Uncomfortable feelings
joyful	nervous
proud	lonely
calm	frustrated
excited	jealous
grateful	embarrassed
hopeful	disappointed

One thing I can do when I have an uncomfortable feeling:

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