SEL · FEELINGS AND EMOTIONS · GRADES 1–3

Feeling or Action?

A feeling is inside you and an action is what you do. Circle feeling or action for ten words, then plan safe actions for big feelings.

Name: _____ **Date:** _____



A **feeling** is what happens inside you, like mad or happy. An **action** is what you do with your body. All feelings are okay, and we get to choose our actions.

Circle Feeling or Action for each one.

angry	Feeling	Action
stomping your feet	Feeling	Action
excited	Feeling	Action
jumping up and down	Feeling	Action
nervous	Feeling	Action
hiding under a blanket	Feeling	Action
jealous	Feeling	Action
taking a deep breath	Feeling	Action
lonely	Feeling	Action
asking for a hug	Feeling	Action

When I feel angry, a safe action I can take is: _____

When I feel sad, an action that helps me is: _____

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ANSWER KEY · FEELINGS AND EMOTIONS · GRADES 1–3

Answer Key: Feeling or Action?

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



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Circle Feeling or Action for each one.

angry	**Feeling**	Action
stomping your feet	Feeling	**Action**
excited	**Feeling**	Action
jumping up and down	Feeling	**Action**
nervous	**Feeling**	Action
hiding under a blanket	Feeling	**Action**
jealous	**Feeling**	Action
taking a deep breath	Feeling	**Action**
lonely	**Feeling**	Action
asking for a hug	Feeling	**Action**

When I feel angry, a safe action I can take is: _____

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