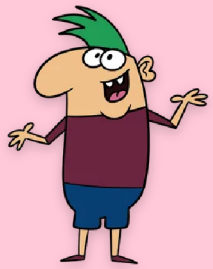
SEL · FEELINGS AND EMOTIONS · GRADES 1–3

Feelings Find a Friend Who

Walk around the room and find classmates who have felt proud, nervous, brave and more. Each friend signs a square. Fill a row to win.



Name: _____ **Date:** _____

Find a classmate who… Ask them to sign the square. Try to fill a row!

has felt proud of a drawing	feels calm when reading	felt nervous on the first day of school	laughs at silly jokes
felt brave at the doctor	feels happy at the park	felt surprised by a gift	feels sleepy in the morning
felt sad when a toy broke	feels excited about a holiday	felt shy meeting someone new	feels grateful for a pet
felt frustrated with a puzzle	feels cozy in a blanket	felt silly in a costume	feels proud helping at home

A feeling a classmate and I both had: _____

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