SEL · FEELINGS AND EMOTIONS · GRADES K–1

Happy, Sad or Mad?

A grown-up reads nine little moments, like a hug from Grandma or a balloon floating away, and kids write each number under happy, sad or mad.



Name: _____ **Date:** _____

Grown-ups: read each moment out loud. Kids show the feeling with their face, then write the number in the box that fits.

Write each number under the feeling it gives you.

1. I get a hug from Grandma.
2. My balloon floats away.
3. My brother takes my toy.
4. We go to the park.
5. My fish is sick.
6. Someone knocks down my tower on purpose.
7. I get a new puppy.
8. My best friend moves away.
9. Someone cuts in front of me.

Happy	Sad	Mad

Draw something that makes you happy.

Art © Kevin Coulston

ANSWER KEY · FEELINGS AND EMOTIONS · GRADES K–1

Answer Key: Happy, Sad or Mad?

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



Grown-ups: read each moment out loud. Kids show the feeling with their face, then write the number in the box that fits.

Write each number under the feeling it gives you.

1. I get a hug from Grandma.
2. My balloon floats away.
3. My brother takes my toy.
4. We go to the park.
5. My fish is sick.
6. Someone knocks down my tower on purpose.
7. I get a new puppy.
8. My best friend moves away.
9. Someone cuts in front of me.

Happy	Sad	Mad
1. I get a hug from Grandma.	2. My balloon floats away.	3. My brother takes my toy.
4. We go to the park.	5. My fish is sick.	6. Someone knocks down my tower on purpose.
7. I get a new puppy.	8. My best friend moves away.	9. Someone cuts in front of me.

Draw something that makes you happy.

Art © Kevin Coulston