SEL · FEELINGS AND EMOTIONS · GRADES K–2

How Would You Feel?

Read eight everyday moments and circle the feeling that fits, then draw a time you felt proud.

Name: _____ **Date:** _____



Circle the feeling that fits best.

You get a puppy for your birthday.	happy · sad · angry
Your ice cream falls on the ground.	proud · sad · silly
Someone grabs your toy without asking.	calm · angry · happy
You hear a loud crash of thunder at night.	scared · proud · silly
You finally learn to ride your bike.	bored · scared · proud
Your friend moves to a new town.	excited · sad · silly
Your class throws you a surprise party.	surprised · tired · angry
You stayed up very late.	tired · proud · excited

Draw a time you felt proud.

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ANSWER KEY · FEELINGS AND EMOTIONS · GRADES K–2

Answer Key: How Would You Feel?

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



Circle the feeling that fits best.

You get a puppy for your birthday.	**happy**	sad	angry
Your ice cream falls on the ground.	proud	**sad**	silly
Someone grabs your toy without asking.	calm	**angry**	happy
You hear a loud crash of thunder at night.	**scared**	proud	silly
You finally learn to ride your bike.	bored	scared	**proud**
Your friend moves to a new town.	excited	**sad**	silly
Your class throws you a surprise party.	**surprised**	tired	angry
You stayed up very late.	**tired**	proud	excited

Draw a time you felt proud.

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