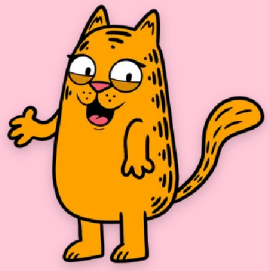
SEL · FEELINGS AND EMOTIONS · GRADES 1–3

Opposite Feelings

Match six feelings to their opposites, like calm and angry or brave and scared, then write about a time a feeling changed to its opposite.

Name: _____ **Date:** _____



Draw a line from each feeling to its opposite.

happy ●	● embarrassed
calm ●	● sad
brave ●	● worried
proud ●	● angry
excited ●	● scared
hopeful ●	● bored

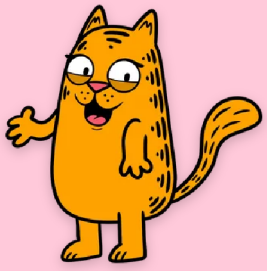
Write about a time one feeling changed into its opposite. What helped it change?

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ANSWER KEY · FEELINGS AND EMOTIONS · GRADES 1–3

Answer Key: Opposite Feelings

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



Draw a line from each feeling to its opposite.



Write about a time one feeling changed into its opposite. What helped it change?

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