SEL · FEELINGS AND EMOTIONS · GRADES K–2

Name That Feeling

Match six feelings faces to their words, then draw your own face for how you feel today.

Name: _____ **Date:** _____



Draw a line from each face to its feeling word.













- scared
- happy
- surprised
- sad
- tired
- angry

Draw your face today.

Today I feel _____ because…

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Finish the Feelings Faces

Trace each feeling word and draw the eyes and mouth to show it, then finish "I feel happy when...".



Name: _____ **Date:** _____

Trace each word. Draw eyes and a mouth to show the feeling.

happy

sad

mad

scared

silly

calm

I feel happy when...

_____

_____

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Comfortable and Uncomfortable Feelings

Sort twelve feeling words into comfortable and uncomfortable feelings. All feelings are okay.



Name: _____ **Date:** _____

All feelings are okay. Comfortable feelings feel good in your body. Uncomfortable feelings can feel heavy, tight or jumpy. Everyone has both kinds.

Word bank

joyful · nervous · proud · lonely · calm · frustrated · excited · jealous · grateful · embarrassed · hopeful · disappointed

Write each feeling word in the right box.

Comfortable feelings	Uncomfortable feelings

One thing I can do when I have an uncomfortable feeling:

_____

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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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Feeling Words: Small, Medium, Big

Put feeling words in order from a little to a lot, like annoyed, mad and furious, to name a feeling just right.



Name: _____ **Date:** _____

Feelings come in sizes. **Annoyed** is a small mad, **mad** is medium and **furious** is a big mad. Choosing the right size word helps people know how you feel.

Word bank

thrilled · down · nervous · tired · glad · heartbroken · terrified · sleepy · happy · worried · exhausted · sad

Write the words in order from small to big.

Feeling	Small	Medium	Big
Mad (example)	annoyed	mad	furious
Scared			
Happy			
Sad			
Tired			

A big feeling word I had this week: _____

What made it so big? _____

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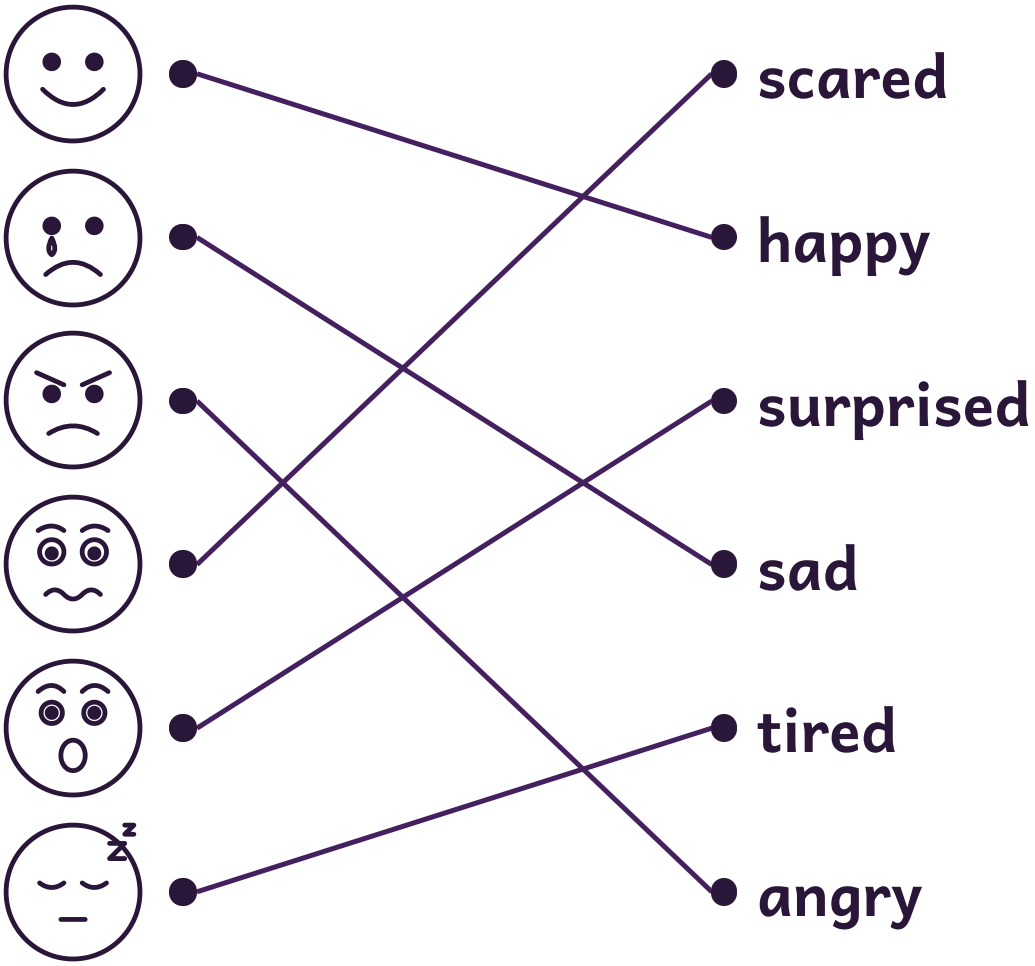
ANSWER KEY · FEELINGS AND EMOTIONS · GRADES K–2

Answer Key: Name That Feeling

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



Draw a line from each face to its feeling word.



Draw your face today.

Today I feel _____ because…

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ANSWER KEY · FEELINGS AND EMOTIONS · GRADES 1–3

Answer Key: Comfortable and Uncomfortable Feelings

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



All feelings are okay. Comfortable feelings feel good in your body. Uncomfortable feelings can feel heavy, tight or jumpy. Everyone has both kinds.

Word bank

joyful · nervous · proud · lonely · calm · frustrated · excited · jealous · grateful · embarrassed · hopeful · disappointed

Write each feeling word in the right box.

Comfortable feelings	Uncomfortable feelings
joyful	nervous
proud	lonely
calm	frustrated
excited	jealous
grateful	embarrassed
hopeful	disappointed

One thing I can do when I have an uncomfortable feeling:

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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.

Art © Kevin Coulston

ANSWER KEY · FEELINGS AND EMOTIONS · GRADES 2–3

Answer Key: Feeling Words: Small, Medium, Big

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



Feelings come in sizes. **Annoyed** is a small mad, **mad** is medium and **furious** is a big mad. Choosing the right size word helps people know how you feel.

Word bank

thrilled · down · nervous · tired · glad · heartbroken · terrified · sleepy · happy · worried · exhausted · sad

Write the words in order from small to big.

Feeling	Small	Medium	Big
Mad (example)	annoyed	mad	furious
Scared	nervous	worried	terrified
Happy	glad	happy	thrilled
Sad	down	sad	heartbroken
Tired	sleepy	tired	exhausted

A big feeling word I had this week: _____

What made it so big? _____

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