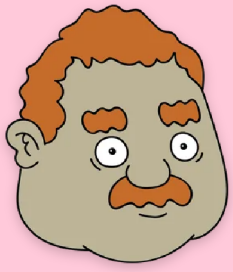
SEL · FEELINGS AND EMOTIONS · GRADES 2–3

Two Feelings at Once



You can feel two things at the same time. Match six moments, like a friend moving away, to the two feelings they can bring.

Name: _____ **Date:** _____

Sometimes we feel **two feelings at once**. On the first day of school you might feel **excited** and **nervous** together. That is called a mixed feeling, and it is normal.

Draw a line from each moment to the two feelings it could bring.

Your best friend moves away, but you will visit.	happy and sorry
You get to sing a solo in the school show.	sad and hopeful
Your big sister goes away to college.	glad and sad
You win a game, but your friend is upset.	excited and nervous
Your family brings home a new baby.	excited and left out
It is the last day of school.	proud and lonely

Write about a time you felt two feelings at once.

_____

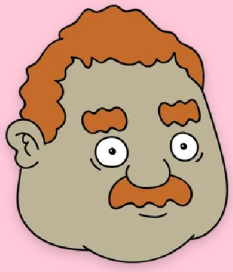
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ANSWER KEY · FEELINGS AND EMOTIONS · GRADES 2–3

Answer Key: Two Feelings at Once

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



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