

Name _____

Date _____


Understanding Emotions


Notice the clues and name the feeling

Directions: Read each situation. Circle the feeling that fits best.




1 Jordan's favorite staff member says they are leaving for the day.


Happy


Sad


Excited

2 The fire alarm makes a loud, unexpected sound.



Calm



Worried


Proud


3 Maya finishes a task she practiced many times.


Proud


Angry


Lonely


4 Someone takes Lee's seat without asking.


Angry


Excited


Relaxed

5 A friend invites Sam to join a game.


Happy


Scared


Frustrated

Think about it: One body clue I notice when I have a strong feeling is:
