

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:

\_\_\_\_\_

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