

Emotions Worksheet

Name: _____ Date: _____

A. HOW DO I FEEL?

Circle the emotion that matches each situation.

- | | | | | |
|---|--------|-------|---------|---------|
| 1. I got a gift for my birthday. | Happy | Sad | Angry | Scared |
| 2. My toy broke. | Happy | Sad | Excited | Calm |
| 3. Someone took my pencil without asking. | Angry | Happy | Calm | Proud |
| 4. I have to speak in front of the class. | Scared | Happy | Proud | Excited |
| 5. I finished my work all by myself. | Proud | Sad | Angry | Worried |

B. MATCH THE EMOTION

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

- | | |
|------------|-----------------------------------|
| 1. Happy | a. I lost my favorite toy. |
| 2. Sad | b. I received a surprise gift. |
| 3. Angry | c. My friend invited me to play. |
| 4. Scared | d. Someone broke my favorite toy. |
| 5. Excited | e. I hear a loud noise at night. |

C. COMPLETE THE SENTENCES

- I feel happy when _____
- I feel sad when _____
- I feel angry when _____
- I feel scared when _____
- I feel proud when _____

D. DRAW YOUR EMOTION

Draw a face showing how you feel today.

Today I feel: _____

E. WHAT CAN I DO?

What can you do when you feel these emotions?

1. I feel angry → _____
2. I feel sad → _____
3. I feel scared → _____
4. I feel worried → _____

F. CHALLENGE

Read the situation and write the emotion.

1. Your friend gives you a kind compliment. Emotion: _____
2. You cannot find your favorite book. Emotion: _____
3. You are going on a fun school trip tomorrow. Emotion: _____
4. You hear thunder during a storm Emotion: _____
5. You help someone who needs you. Emotion: _____

WORD BANK

happy • sad • angry • scared • excited • proud • worried • calm