

# Feelings

Name: \_\_\_\_\_

My heart feels a lot of things.

I feel loved when my mom gives me a hug.



I feel happy when I get a new toy. I feel happy when I play with my friends.

I feel silly when I make jokes.

I feel sad when I am not invited to a party or when someone says something mean to me. When I am sad I can talk to someone about my feelings, or I can do something that makes me feel happy again.

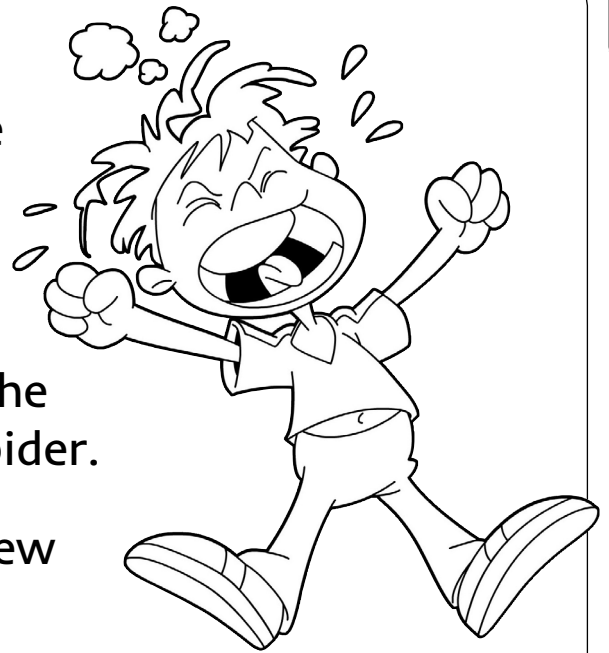


I feel angry when my brother breaks something and blames me for it. I feel angry when my sister takes my things without asking me first.

I feel scared when I am alone in the dark. I feel scared when I see a spider.

I feel shy when I meet someone new for the first time.

I feel excited when it is my birthday.



I feel calm when I sit quietly and read a book. I feel calm when I take a deep breath.

When my best friend makes a new friend and they spend more time with their new friend than with me, I feel jealous.

I feel confused when I can't solve a math problem. Sometimes I feel confused when I do my homework.

When I am confused I ask someone to help me.

I feel surprised when I hear a loud noise, or when my brother jumps out from behind the curtain.

I have lots of feelings. It is normal to feel different things at different times.



I can express my feelings in good ways. I write about my feelings in my diary. Sometimes I draw a picture about how I feel. I can talk about my feelings with someone I trust.



### Answer the questions:

1. List five different feelings from the story:

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2. What are some good ways to express our feelings?

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