

Feelings Vocabulary Worksheet



Match the Feelings Words



Basic Feeling	More Specific Words
 Happy	excited, proud, joyful, relaxed 
 Sad	lonely, disappointed, hurt, homesick 
 Angry	annoyed, frustrated, irritated, furious 
 Scared	nervous, worried, frightened, uneasy 
 Surprised	shocked, amazed, confused 

Think & Pick the Best Word!



Scenario: You studied hard for a test, but got a lower score than you expected.

Circle the word that BEST describes your feeling:



DISAPPOINTED



SAD



FRUSTRATED



ANGRY

Ask yourself **WHY**
you picked that
word!

