



My Emotions Worksheet

Emotion Word Bank

Happy Excited Calm Proud
Curious Nervous Worried
Frustrated Annoyed Angry
Disappointed Embarrassed
Lonely Lonely Sad Confused

- Today I feel:

- The strongest feeling is:

- I felt it when:

- My feeling was:

1 • 2 • 3 • 4 • 5

- My face/body showed it by:

After picking an emotion, sketch the face matches it!

