

Feelings and Emotions worksheets



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Feelings chart

HAPPY



SAD



BORED



ANGRY



SURPRISED



WORRIED



SLEEPY



EMBARRASSED



FINE



FURIOUS



CHEERFUL



SILLY



Select the feeling

select the correct feeling



HAPPY

SAD

BORED

ANGRY

SURPRISED

WORRIED



EMBARRASSED

SLEEPY

FINE

FURIOUS

CHEERFUL

SILLY



Trace the dotted letters



Happy



Sad



Bored



Angry



Surprised



Worried



Embarrassed



Sleepy



Furious



Fine



Silly



Cheerful

Find the missing letter



Hap_y

(e) (b) (p)



S_d

(s) (n) (a)



Bo_ed

(a) (r) (c)



An_ry

(s) (g) (d)



Sur_rised

(k) (o) (p)



Worrie_

(m) (q) (d)



Sl_epy

(y) (e) (o)



_urious

(s) (f) (l)

How am I feeling today?



Happy



Scared



Thinking



Tired



Sad



Sick



Ashamed



Angry

Feelings check-In

Right now, I'm Feeling ...



I feel this way because ...

Something that might help is ...

Recognizing the feeling

select the correct picture

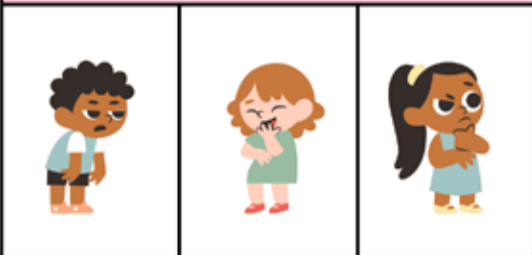
Who is disgusted?



Who is tired?



Who is annoyed?



Who is shocked?



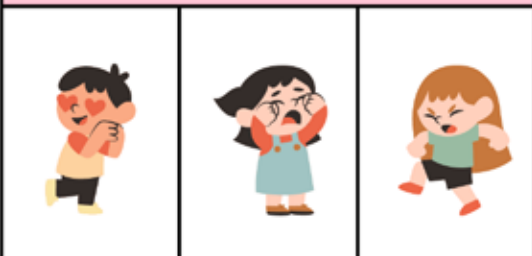
Who is shy?



Who is mad?



Who is angry?



Who is proud?



Identify the feelings

Read each scenario below and decide how you would feel in each situation. Then, cut out the feeling words at the bottom of the page and paste them into the correct box.

You lost your mom in a store.

You feel hot and your head hurts.

You lost your glasses.

You got an A on your spelling test.

Your dog ran away from home.

You're going to a birthday party.

You can't find your glasses.

You can't have the toy you want.



happy



sad



scared



angry



proud



worried



excited



sick

EMOTIONS

Draw the eyes, nose and mouth for every character to represent the emotion that they feel.

I'm Angry



I'm Happy



I'm Dissapointed



I'm Scared



I'm Suprised



I'm Sad



I'm Bored



I'm Tired



I'm Sleepy

