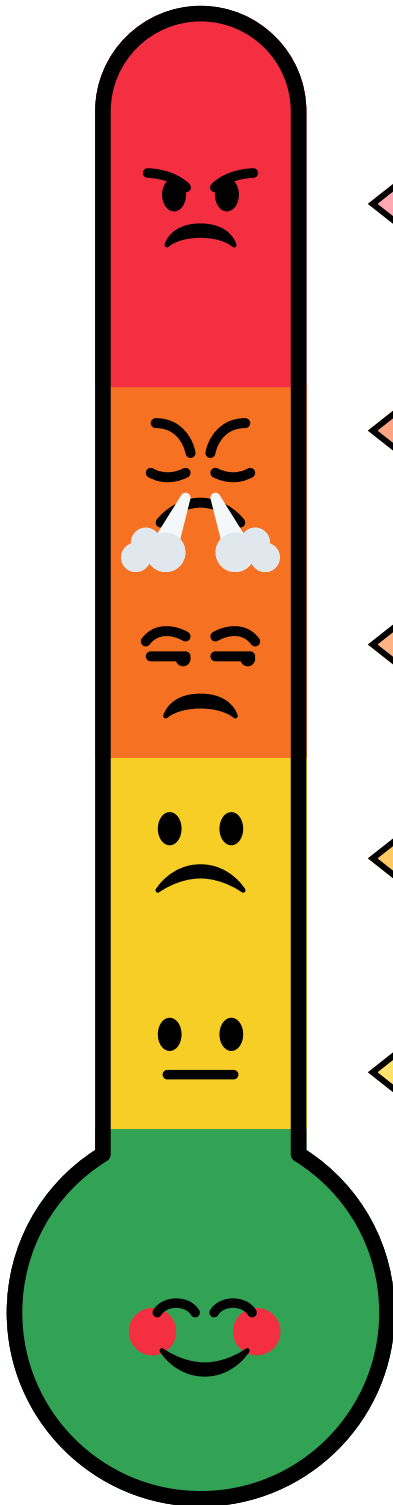


# FEELINGS THERMOMETER

How are you feeling today?



I am furious.  
I want to scream and kick things.  
I need space.

I am angry. Everything irritates me.  
I don't want to talk to anyone.

I am irritated. I feel like i'm about to get mad.  
I am trying to control myself.

I am sad. I feel like crying anytime.  
I need hugs and comfort.

I am okay.  
I just feel a little anxious and worried.

I am Happy. I feel positive and  
optimistic. I smile and greet everyone.

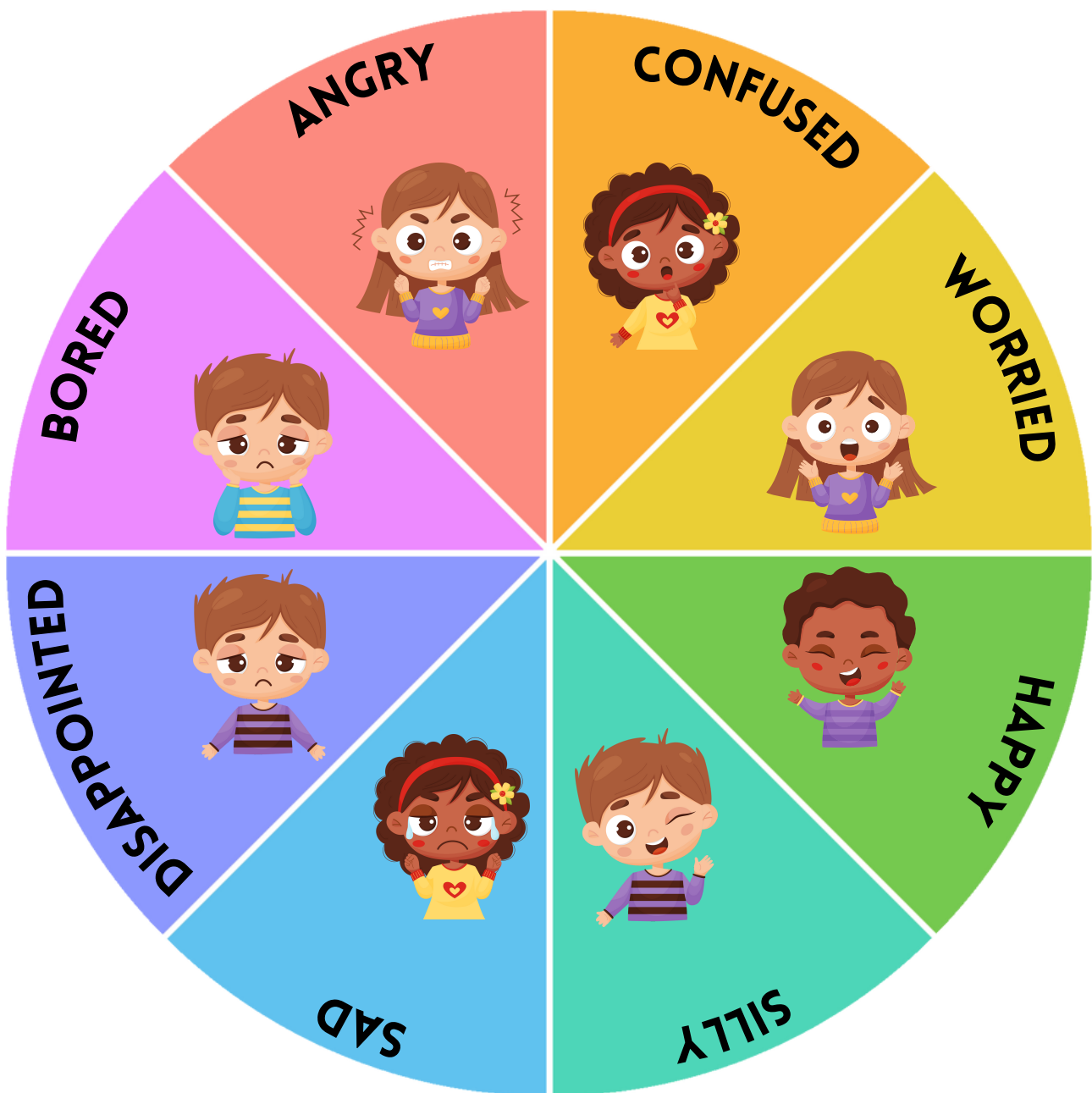


Co-funded by the  
Erasmus+ Programme  
of the European Union



# EMOTIONS WHEEL

The emotions wheel helps us to identify and understand your emotions. Look at the pictures to help you understand how you are feeling so that you can better understand how to manage and express them.



# Feelings and Emotions



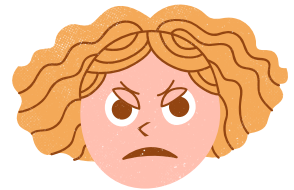
Happy



Sad



Excited



Angry



Calm



Sleepy



Shy



Proud



Surprised



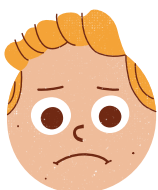
Embarrassed



Silly



Worried



Disappointed



Scared



Hurt



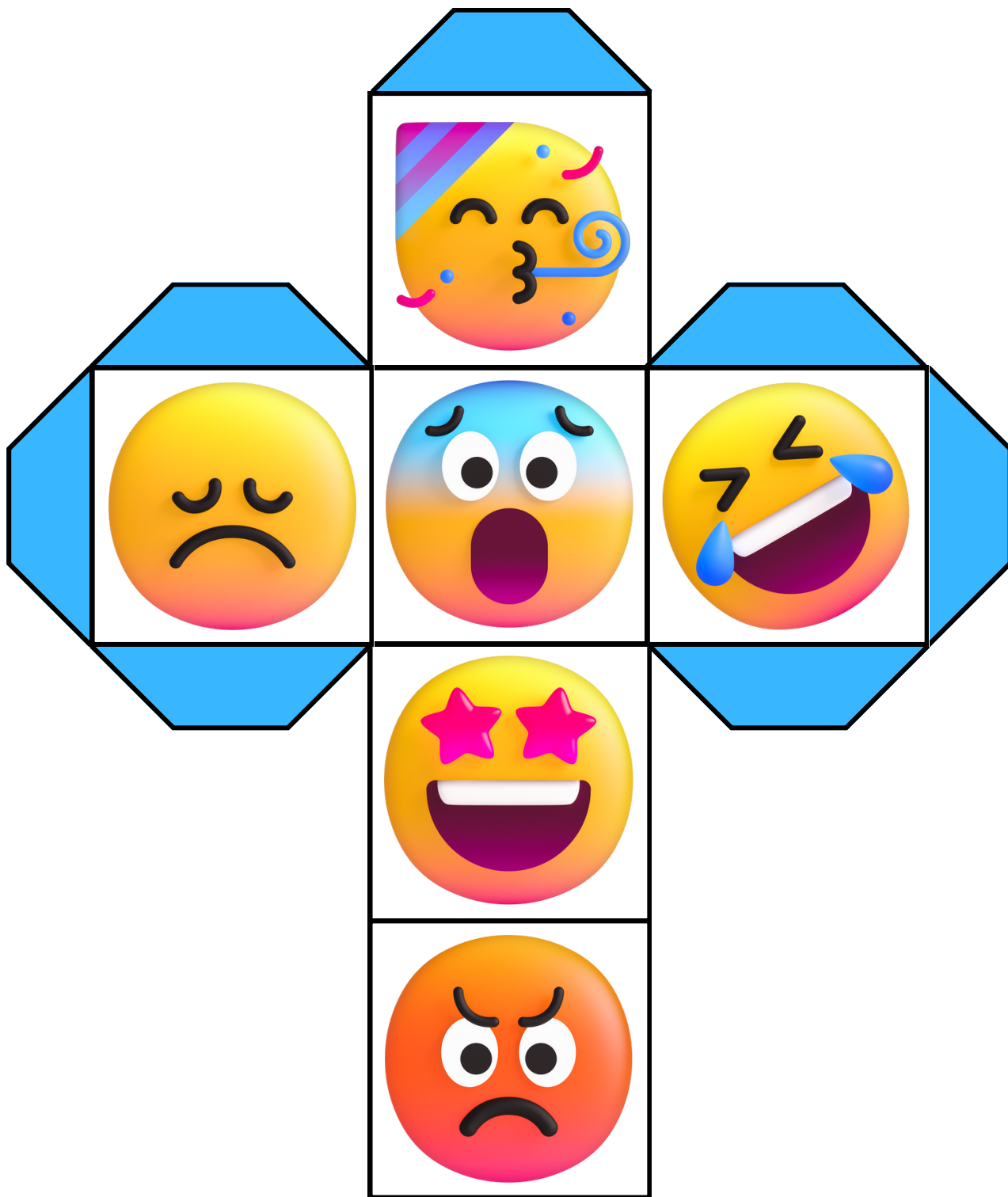
Tired

# Emoji Ice breaker



Play in small groups.  
Cut the dice out. Glue and fold.  
Take turns to roll the dice and tell your group something connected with the emotion you rolled.

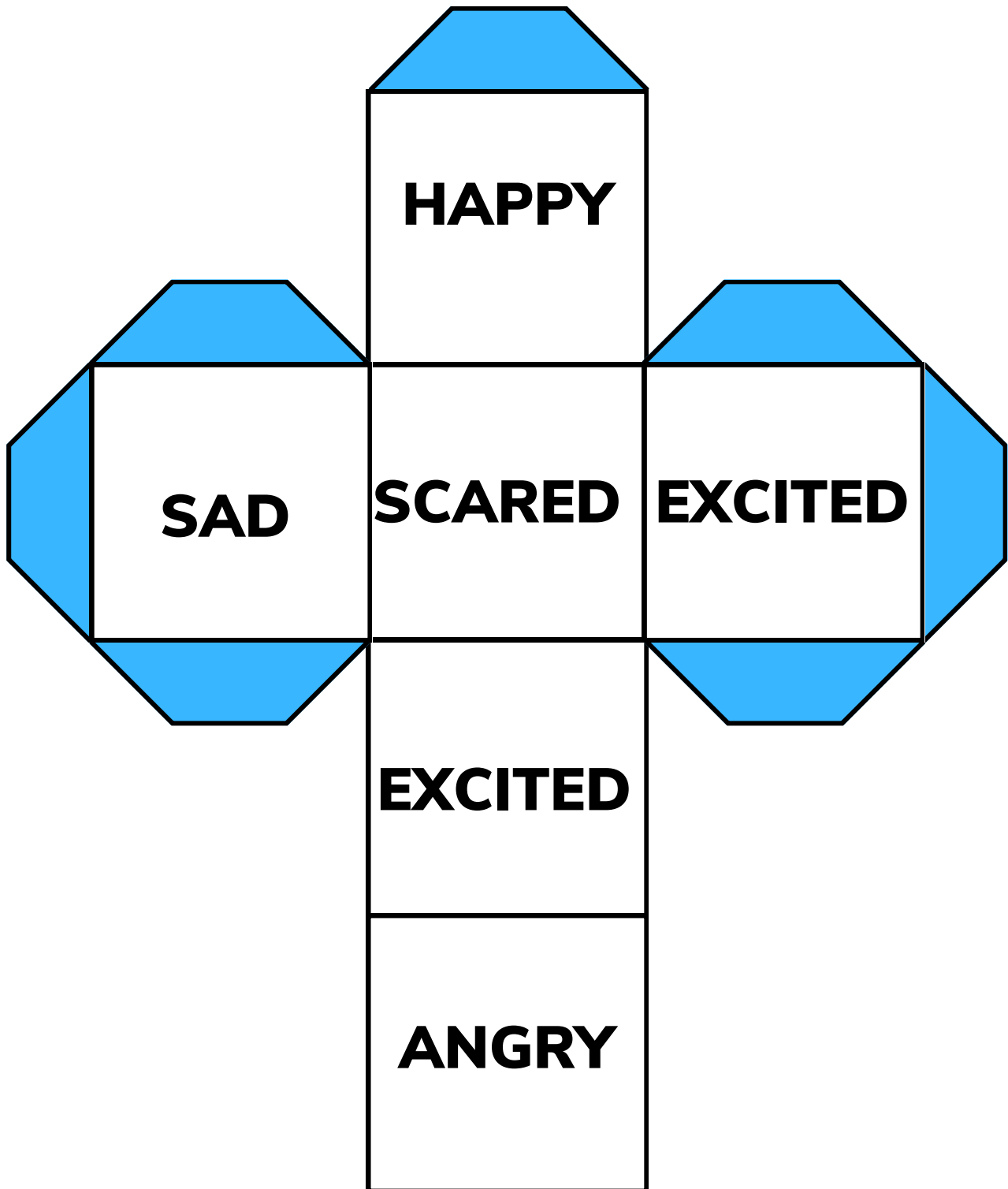
Examples: (laughing emoji) a joke, a funny anecdote, or your favourite comedy film.



# FEELINGS Ice breaker

Play in small groups.  
Cut the dice out. Glue and fold.  
Take turns to roll the dice and tell your  
group something connected with the  
emotion you rolled.

Examples: (laughing emoji) a joke, a funny anecdote, or your favourite comedy film.



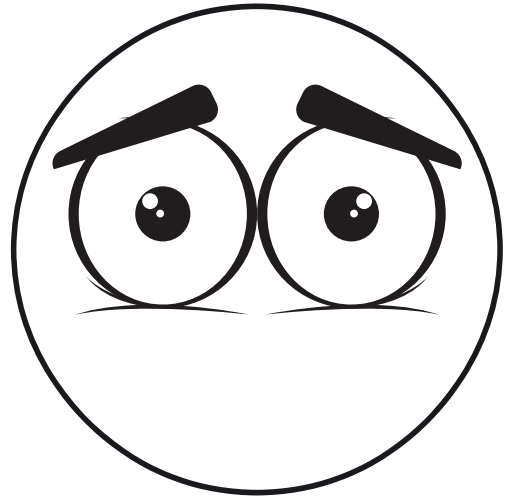
# DRAW THE MOUTHS



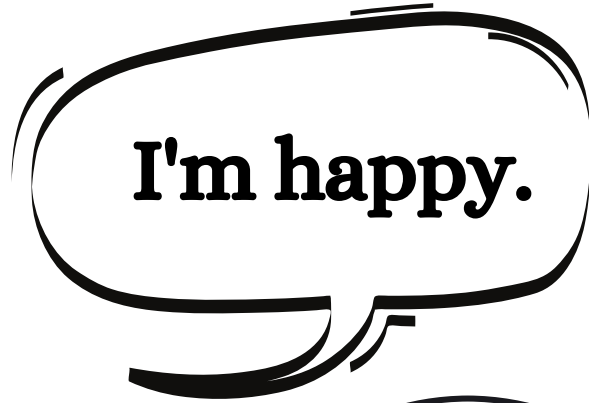
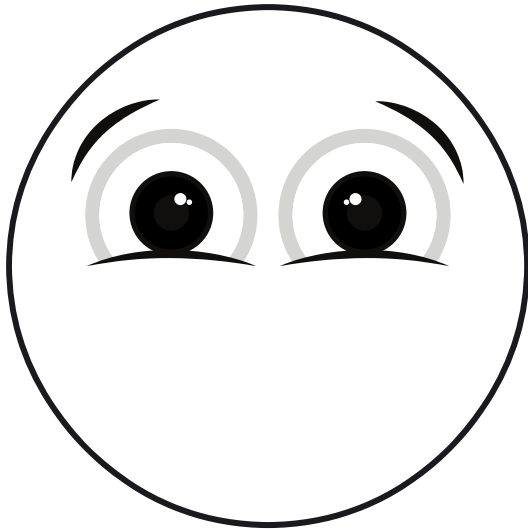
Co-funded by the  
Erasmus+ Programme  
of the European Union



**I'm sad.**



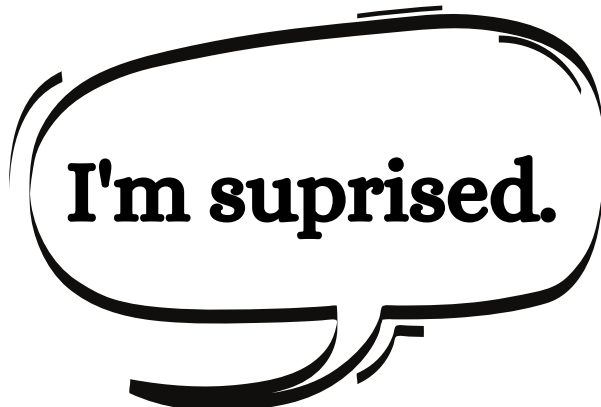
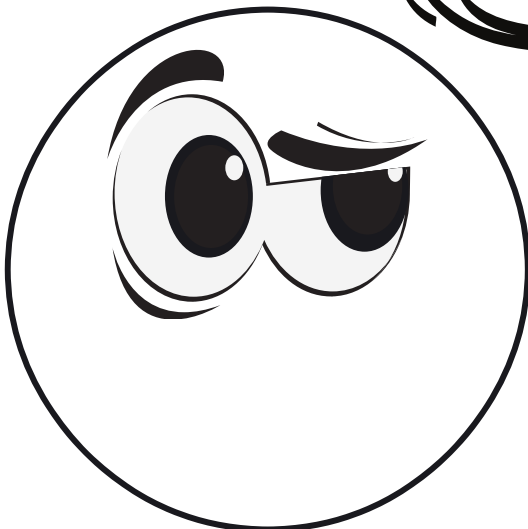
**I'm happy.**



**I'm angry.**



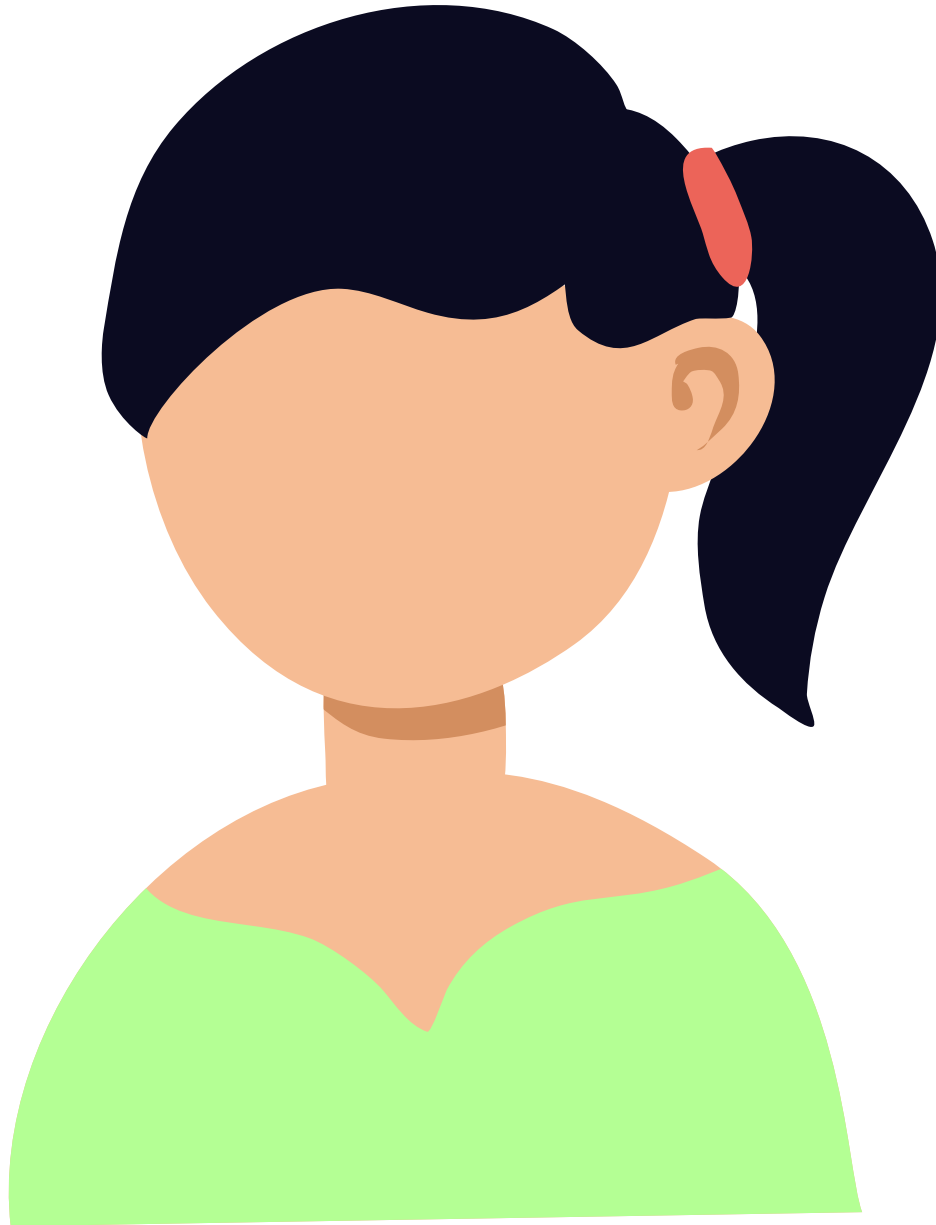
**I'm suprised.**



# HOW DO YOU FEEL TODAY?

Draw your face and complete the sentence below.

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



I feel ..... today because

.....









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

# Feelings

Can you tell how each child feels?

Circle the correct answer.

	<p>sick      happy      sleepy</p>
	<p>angry      sleepy      sick</p>
	<p>fine      sad      sick</p>
	<p>happy      sick      sleepy</p>
	<p>angry      sad      fine</p>
	<p>sad      angry      happy</p>



# Naming Emotions

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


*Naming our emotions helps us understand what we are feeling and why we are feeling like that. By labelling emotions we learn to regulate them.*

- Label the emotions and think about what they make you want to do.

Emotion	I feel	It makes me want to
		<hr/> <hr/> <hr/> <hr/>
		<hr/> <hr/> <hr/> <hr/>
		<hr/> <hr/> <hr/> <hr/>
		<hr/> <hr/> <hr/> <hr/>
		<hr/> <hr/> <hr/> <hr/>

Name: ..... Date: .....

**How do you feel today?**




This is because: .....

.....

EXIT TICKET

Name: ..... Date: .....

**How do you feel today?**




This is because: .....

.....

EXIT TICKET

Name: ..... Date: .....

**How do you feel today?**



This is because: .....

.....

EXIT TICKET

# FEELINGS

## WORD SCRAMBLE



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

Unscramble the words below.



mlac

riprussed



ticexde

elsepy



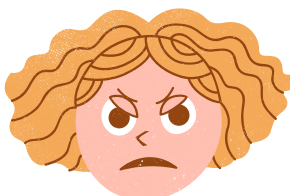
deriorw

dsa



yphap

reacsd



grany

edirt

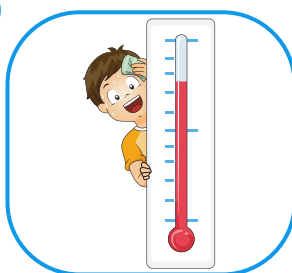


Name: \_\_\_\_\_

# FEELINGS & EMOTIONS

1

Match the pictures with the feelings on the following page.  
Write the letters in the circles.



**a** worried

**g** bored

**b** thirsty

**h** cold

**c** happy

**i** scared

**d** tired

**j** sad

**e** hungry

**k** angry

**f** proud

**l** hot

**2**

How are these people feeling? Read the statements and write the correct feeling or emotion in the gaps.

**a** I worked all night. I'm \_\_\_\_\_.

**b** Let's get some sandwiches. I'm \_\_\_\_\_.

**c** She lied to me! I'm so \_\_\_\_\_ at her!

**d** I'm \_\_\_\_\_. I can't find my wallet.

**e** Please, turn on the air conditioning. I'm \_\_\_\_\_.

**f** I'd like a glass of water, please. I'm \_\_\_\_\_.

**g** I heard a noise downstairs. I'm \_\_\_\_\_.

**h** There's nothing interesting on TV. I'm \_\_\_\_\_.

**i** I moved to another city and I miss my friends. I'm \_\_\_\_\_.

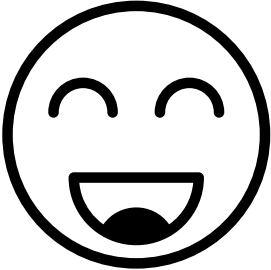


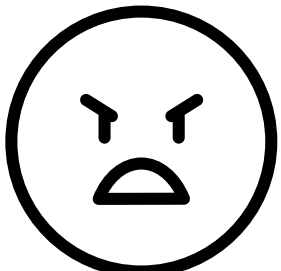

**g** I'm graduating from college tomorrow. I'm so \_\_\_\_\_!

**h** I'll put on a coat. I'm \_\_\_\_\_.

**i** I got an A in my Algebra test. I'm so \_\_\_\_\_ of myself!

# Express your feelings

Use your favorite colors to bring these emojis to life!  
Have fun expressing different feelings through colors. Remember, it's okay to feel all these emotions sometimes, and coloring can help you understand them better.

Emotion	Emoticon Pictogram	When do you feel like this?
Happy (Yellow)		
Sad (Blue)		
Surprised (Purple)		
Angry (Red)		
Calm (Green)		

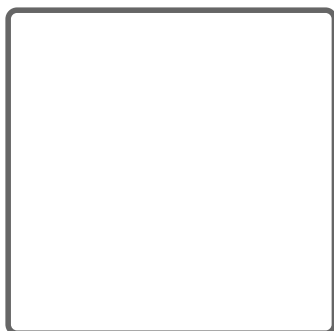
Name: \_\_\_\_\_

Name:

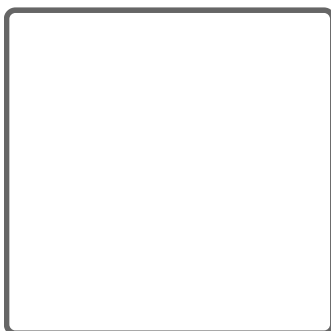
Date:

# FEELINGS

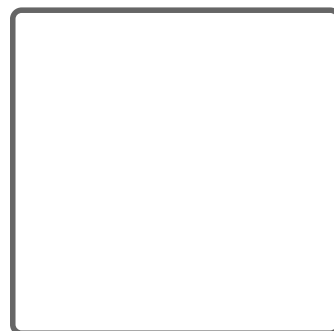
Draw your emotions on the situations.



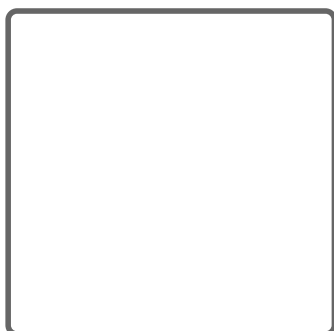
Your mom gets  
mad at you.



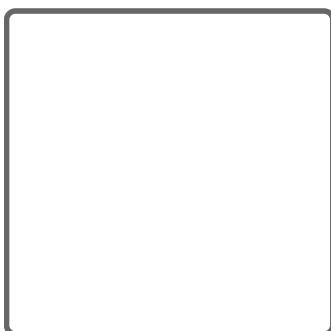
You have a new  
game.



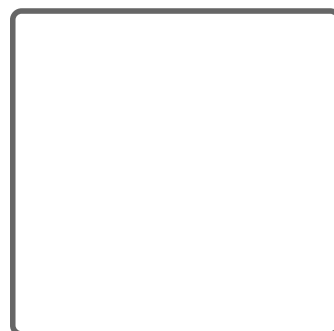
You see a ghost.



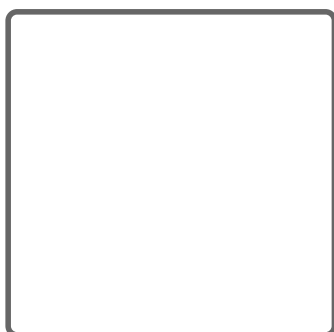
You eat a big  
hamburger.



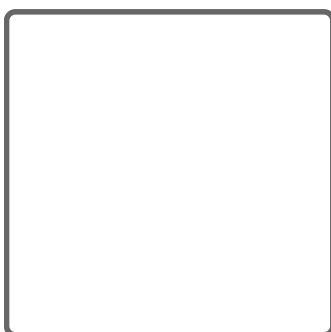
You don't do  
anything.



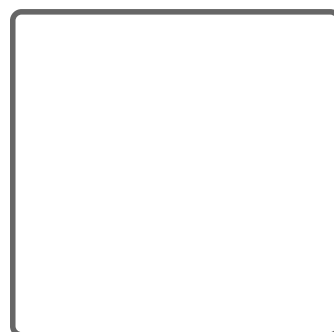
You eat  
vegetables.



Your dad gives  
you money.



You watch funny  
videos on the internet.



You have a  
headache.



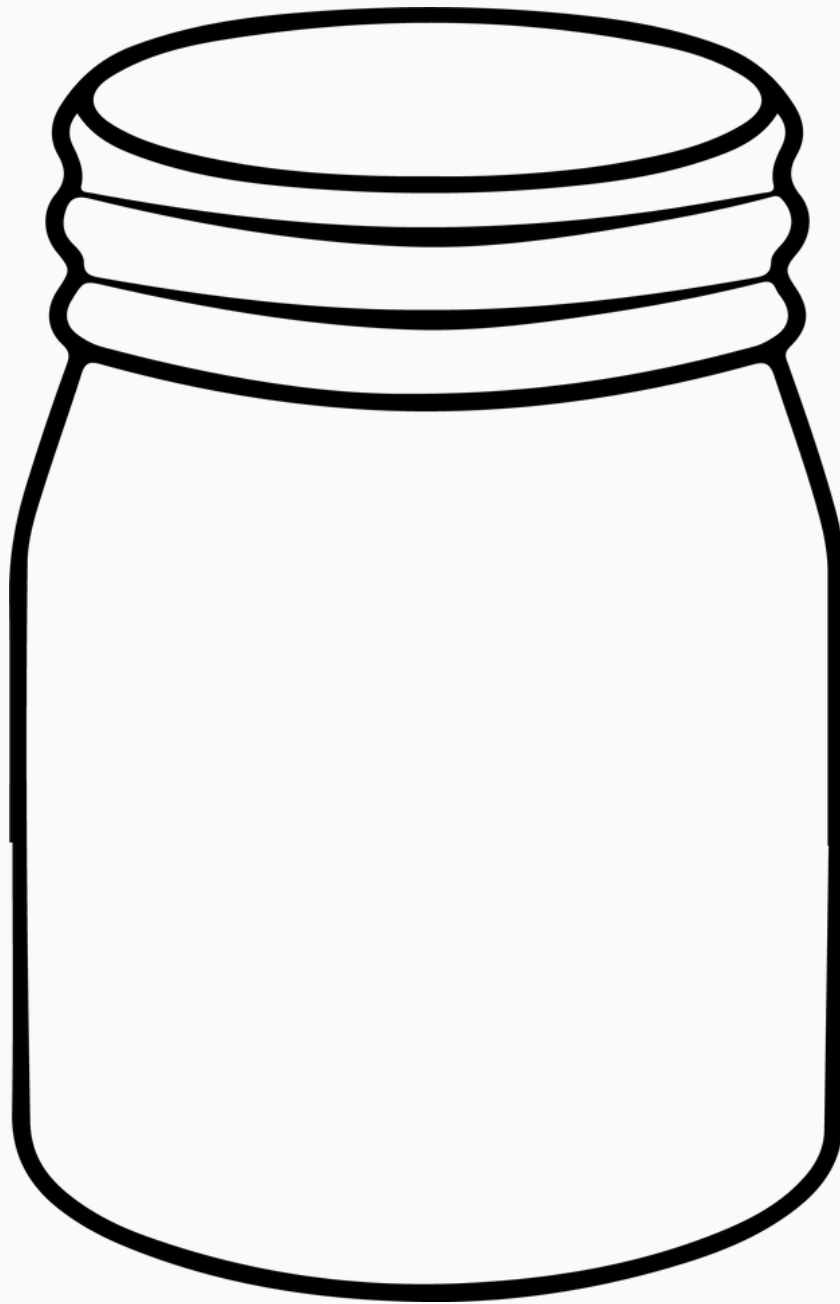
Co-funded by the  
Erasmus+ Programme  
of the European Union



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

# Check-in

Feelings can be overwhelming for us and that is completely okay! Check-in with your own feelings and see if you can figure them out. Then, fill this container with feeling colors to show how much of each you have right now.



Angry

Happy

Sad

Nervous

Excited

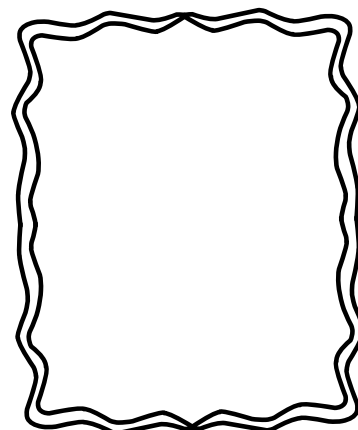
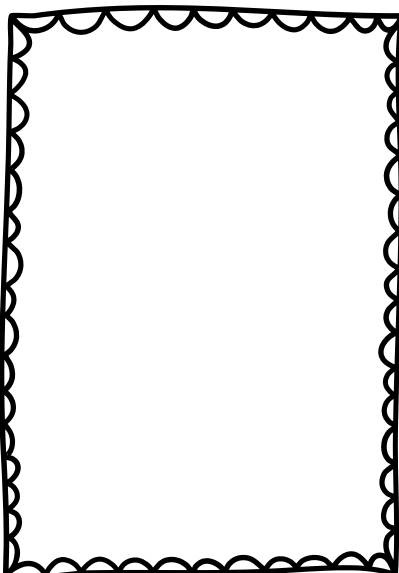
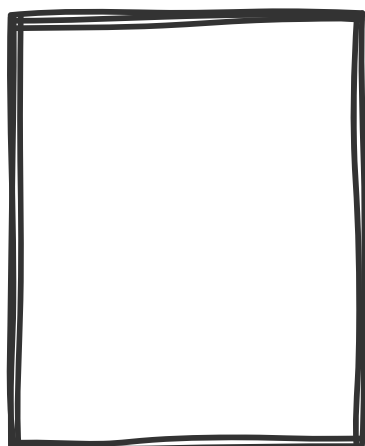
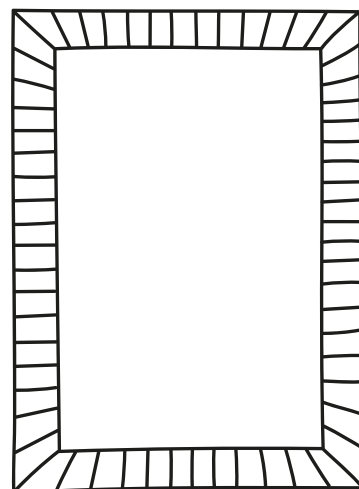
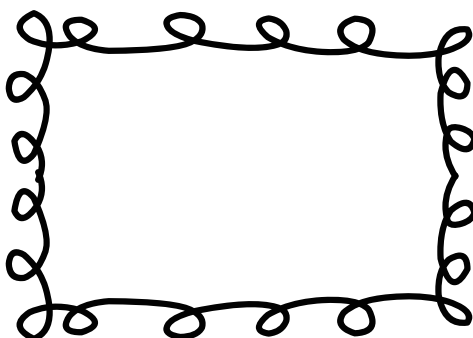
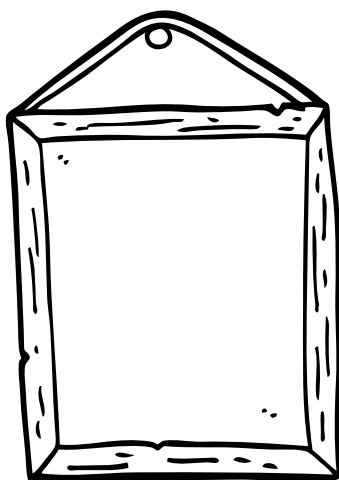
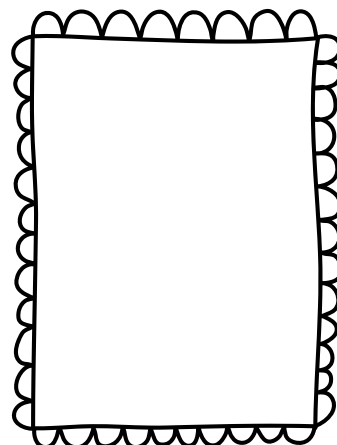
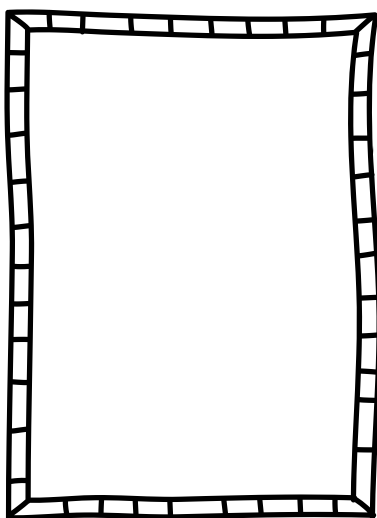
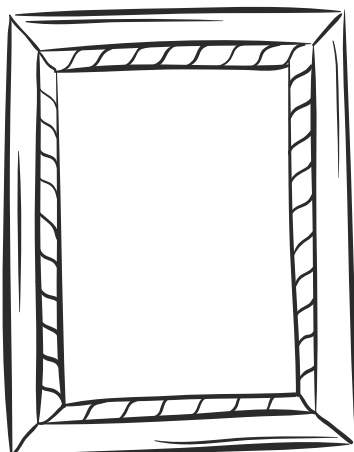
Calm





# GALLERY OF FEELINGS

Draw yourself with the different emotions may you feel.



Name : .....

Date : .....

# Exploring my emotions

Choose the names of these emotions from the list to fill the blank space then answer the questions.

Angry

Sad

Happy

Confuse

Shock

Disappointed

Overjoyed

Despondent



.....

.....

.....

.....



.....

.....

.....

.....

How do you feel when you lose something? .....

How do you feel when you have a nightmare? .....

How do you feel when it storms? .....

How do you feel when someone hugs you? .....

How do you feel when it is your birthday? .....



Co-funded by the  
Erasmus+ Programme  
of the European Union



Co-funded by the  
Erasmus+ Programme  
of the European Union



Name \_\_\_\_\_

Date \_\_\_\_\_

# 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 a good grade at Math.

Your dog ran away from home.

You're going to a birthday party.

You can't find your favourite toy.

You can't have the toy you want.



happy



sad



scared



angry



proud



worried



excited



sick