

Understanding Feelings

Identifying Feelings

Every human has 5 primary emotions: **JOY, SADNESS, FEAR, ANGER, DISGUST**

Directions: Fill the space below with as many feelings words you can think of. You can use colors if you want and draw pictures too! We started a few for you...

	Depressed		
Happy			
		Anxious	
	Grossed Out		
			Frustrated

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Feelings in Our Bodies

Directions: Review with your child where you feel emotions in your body. For example, “When I feel mad, I know because my heart starts to beat fast”.

Then identify where your child feels emotions in their body.

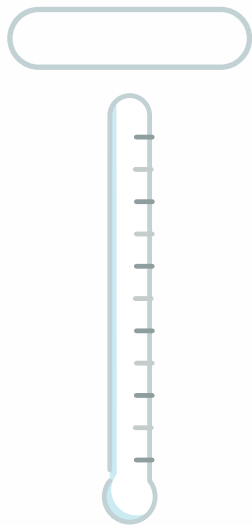
Next, using the key below, color in the emotions where you feel them in your body. For example, if you feel like your hands shake when you are **scared**, color the hands **purple**.



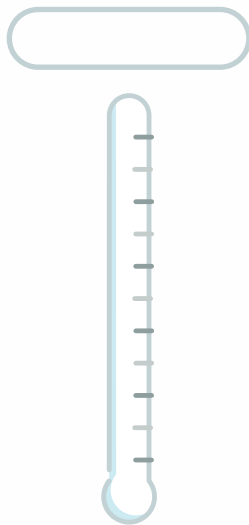
Understanding Feelings

Feelings Thermometer

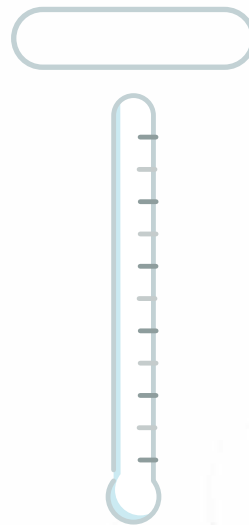
Directions: For each thermometer, write the feeling you would feel the most at the top of the thermometer then color in the intensity. On the next page, you can use this thermometer to create your own examples and show the intensity using your fingers: 1-10.



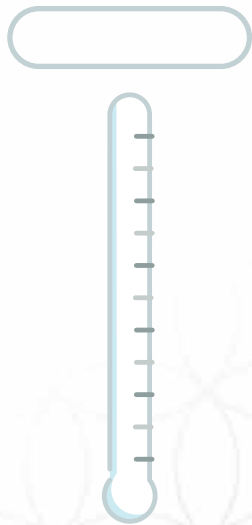
You're in line for a roller coaster



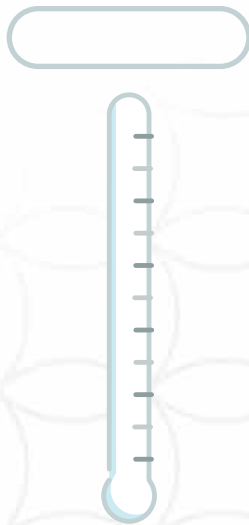
You were given broccoli for lunch



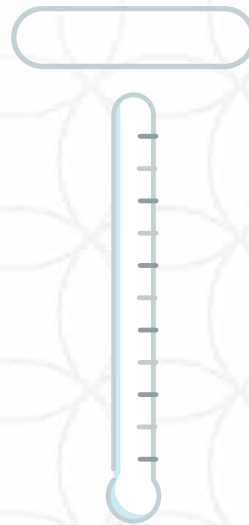
You lost your phone



Your friend is ignoring you



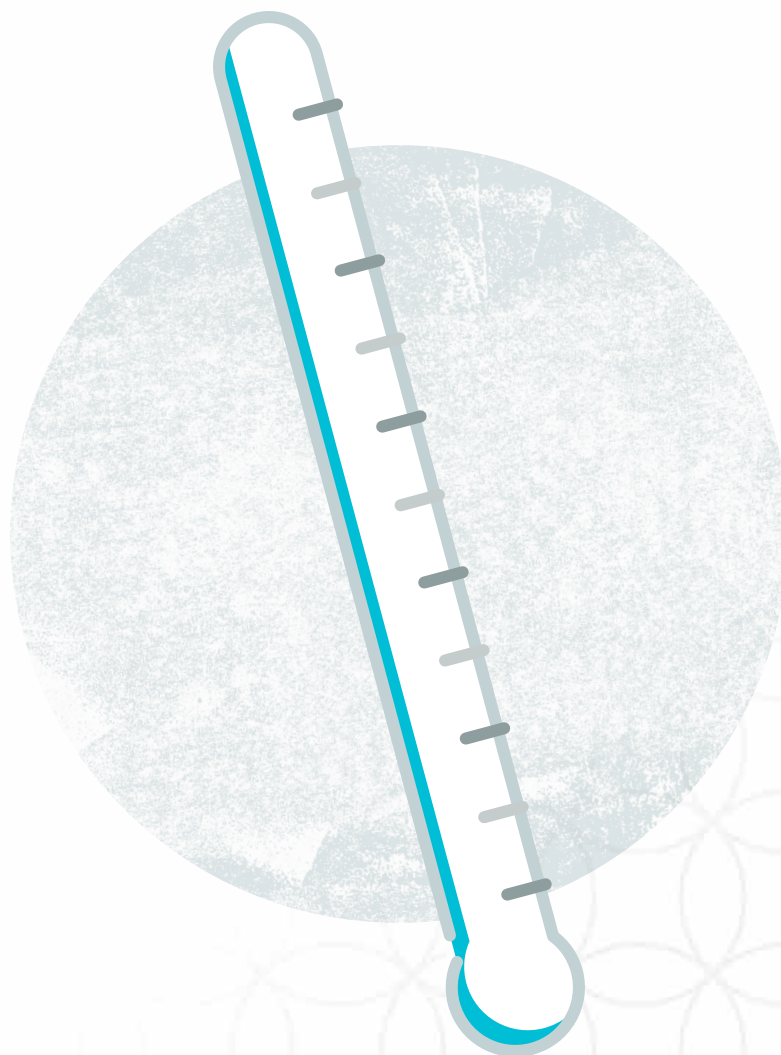
Your grandma is in the hospital



You're at the playground

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Feelings Thermometer



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Feelings Charades

Directions: Cut the cards and put them in a stack face-down. Take turns drawing a card and acting out the Emoji feeling. Whoever guesses correctly gets to go next! If you can't print the cards, simply choose a feeling to act out.



surprised



excited



angry



depressed

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Feelings Charades



annoyed



nervous



disgusted



calm

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Feelings Charades



proud



frustrated



embarrassed

