

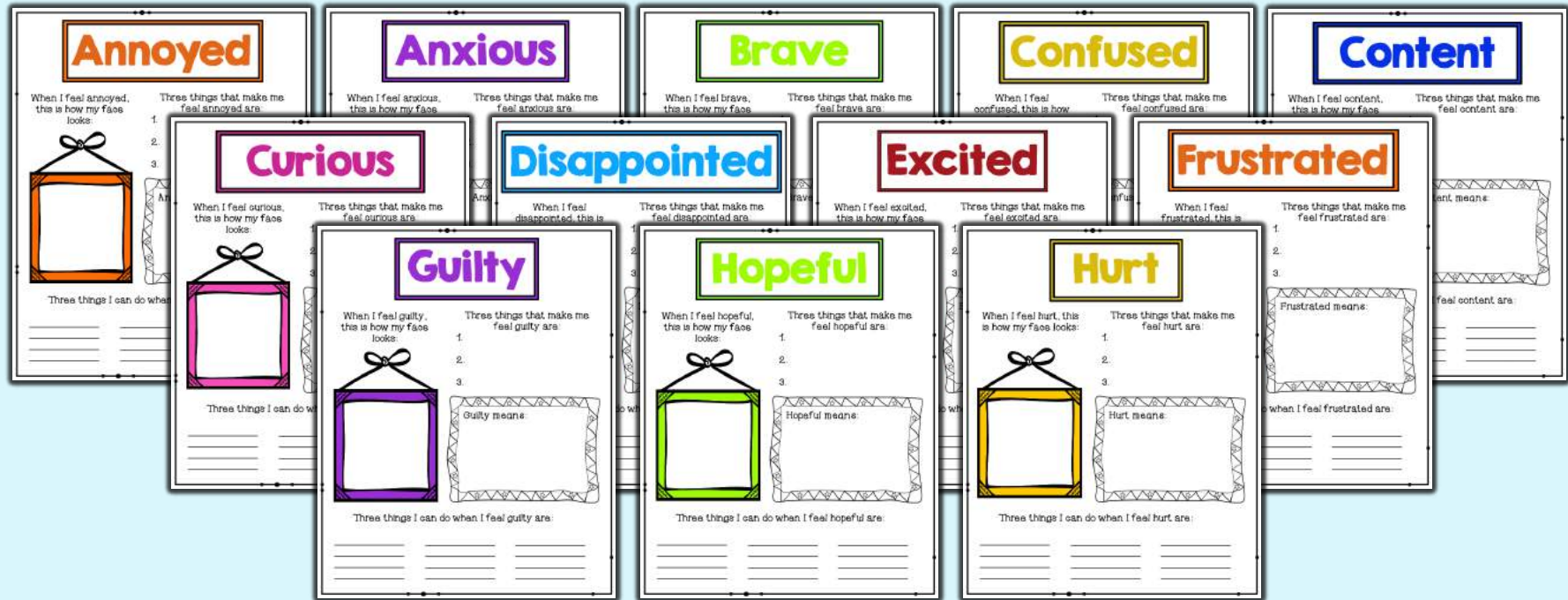
# These 30 worksheets will help students learn about 25 feelings, and reflect on how they experience and can cope with their feelings and emotions.



Perfect for...

- Introducing various feelings/emotions to students
- Expanding your students' emotional vocabularies
- Feelings/emotions lessons or small groups
- Coping skills lessons or small groups
- Helping students better understand and process the feelings they are currently experiencing
- Creating a feelings workbook for the classroom

# 25 FEELINGS WORKSHEETS

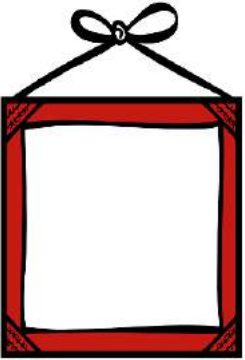


Feelings include: Angry, annoyed, anxious, brave, confused, content, curious, disappointed, excited, frustrated, guilty, hopeful, hurt, jealous, joyful, lonely, peaceful, proud, sad, scared, shy, stressed, surprised, tired and worried.

# ON EACH WORKSHEET, STUDENTS WILL...

**Angry**

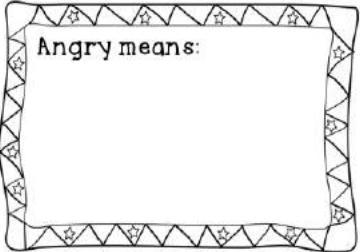
When I feel angry, this is how my face looks:



Three things that make me feel angry are:

- 1.
- 2.
- 3.

Angry means:



Three things I can do when I feel angry are:

_____	_____	_____
_____	_____	_____
_____	_____	_____

- Define the feeling
- Identify how they look when they experience the feeling
- Identify what causes them to feel that way
- Identify positive things they can do when they experience the feeling

# 5 REFLECTION WORKSHEETS



Feelings include: Angry, annoyed, anxious, brave, confused, content, curious, disappointed, excited, frustrated, guilty, hopeful, hurt, jealous, joyful, lonely, peaceful, proud, sad, scared, shy, stressed, surprised, tired and worried.

# GOOGLE SLIDES COMPONENT

**Sad**

When I feel sad, this is how my body looks:

Insert text here

3 things that make me feel sad are:

1. Insert text here
2. Insert text here
3. Insert text here

Sad means:

Insert text here

Three things I can do when I feel sad are:

1. Insert text here
2. Insert text here
3. Insert text here

Name: Insert text here

Directions: Use this feelings check in to think about how you're feeling. Drag a circle over from the side to show how strong your feeling is and whether or not the choice you want to make is a positive one.

### Feelings Check-In

Right now, I feel: Insert text here

How strong is my feeling?

**1**      **2**      **3**      **4**      **5**

Not strong at all      A little bit strong      Really strong - I'm losing control

I feel this way because:

Insert text here

Right now, my feelings make me want to:

Insert text Insert text here

Is this a good choice? **Yes** **No**

A better choice I can make is:

Insert text Insert text here

Is there something I can do to feel better? If so, what?:

Insert text Insert text here

The 25 feelings worksheets and 2 of the reflection worksheets are provided on Google Slides!



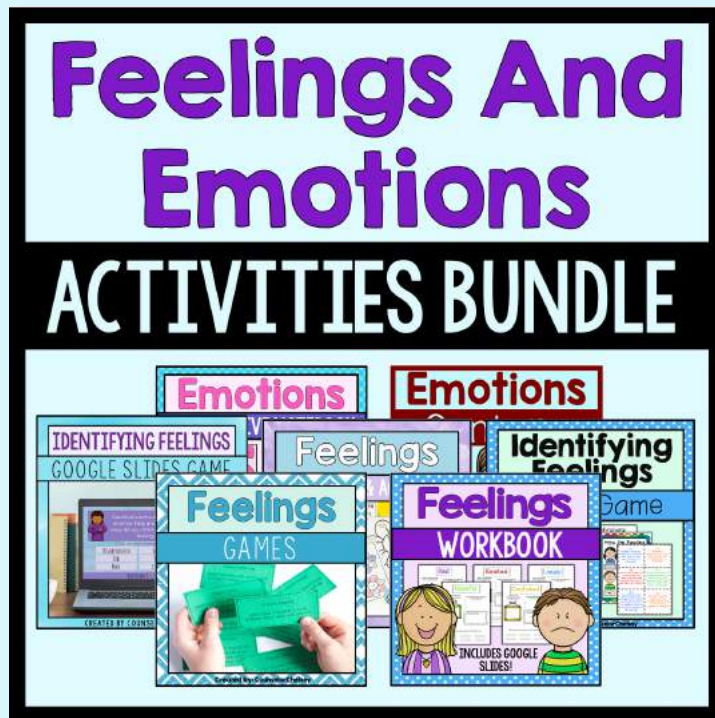
# WHAT OTHERS ARE SAYING...

“Loved using this with my students in our social skills class. Super easy to use and guided conversation around different emotions. Thank you :)”

“Fantastic Resource - Very happy. Students engaged and found it easy to use and understand.”  
– Rachael M.

“Amazing resource with my unit, it is a great addition to looking at our feelings, how we show our emotions. Thank you!” – Sophia T.

# TEACHING ABOUT FEELINGS? BUNDLE AND SAVE!



These worksheets are included in a bundle of 7 resources that will help your students learn to identify feelings and emotions in themselves and others, and manage them in a healthy way.

## SEE THE BUNDLE HERE