

8

im
healthy

Lesson 1: Talk About Feelings - How I Feel

For each sentence, pick a word that tells how you feel. There's no right or wrong answer, just focus on how you feel.

1. When a friend asks me to play, I feel

2. When I get a good grade on my math test, I feel

3. When I try out for the talent show, I feel

4. When I tell myself, "I can do this," I feel

5. When I lose a game, I feel

6. When I get picked for the team, I feel

7. When kids won't let me play, I feel

8. If there is no one to sit with at lunch, I feel

9. When someone says mean words, I feel

10. If I didn't get what I wanted, I feel

happy
glad
friendly
excited
scared
nervous
sorry
relieved
sad
mad
upset
unhappy
grumpy
hurt
confident
proud
lonely
brave
annoyed
afraid
calm
left out
bored
disappointed
jealous

im healthy

(Lesson 1: Talk About Feelings - How I Feel, continued)

Fill in the blanks. Write an example of what might make you feel this way:

1. I feel proud of myself when

2. I feel scared when

3. I feel relaxed when

4. I feel happy when

5. I feel sad when

6. I feel nervous when

7. I feel left out when

8. I feel mad when

9. I feel upset when

10. I feel excited when
