Name: _____ **Date:** _____

I Feel ...

Instructions: Think about your feelings and finish the following sentences. Next to each sentence, draw a picture that shows what you look like when you feel that way.

I feel *happy* when _____

_____

I feel *sad* when _____

_____

I feel *excited* when _____

_____

I feel *frustrated* when _____

_____

I feel *angry* when _____

_____

Name: _____ **Date:** _____

I feel *lonely* when _____

_____

I feel *embarrassed* when_____

_____

I feel *scared* when _____

_____

I feel *proud* when _____

_____

I feel *loved* when _____

_____