Name _____ Date _____

Social Studies · Feelings

How Do They Feel?

Read what happened. Match it to the feeling.

Write the letter of the feeling in the box.

☐ 1. It is my birthday today.

☐ 2. My new toy broke.

☐ 3. I heard thunder at night.

☐ 4. Someone took my pencil without asking.

☐ 5. We are going to the zoo tomorrow!

☐ 6. I won the running race.

a)  sad

b)  happy

c)  proud

d)  excited

e)  angry

f)  scared

Name _____ Date _____

Social Studies · Feelings

Feelings Faces

Draw the faces. Then finish the sentences.

A happy face

A sad face

Finish the sentences.

I feel happy when _____ .

I feel sad when _____ .

I feel scared when _____ .

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Name _____ Date _____

Social Studies · Feelings

What Can I Do?

Circle the kind and helpful choice.

1. When I feel angry, I can…

take deep breaths

hit someone

2. When my friend is sad, I can…

laugh at them

ask what is wrong

3. When I feel scared, I can…

tell a grown-up

hide and say nothing

4. When I make a mistake, I can…

blame someone

say sorry and try again

5. When I feel lonely at break, I can…

ask to join a game

sit and cry

6. When someone shares with me, I can…

say thank you

grab more

What makes you feel calm?

_____

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ANSWER KEY

Name _____ Date _____

Social Studies · Feelings

How Do They Feel?

Read what happened. Match it to the feeling.

Write the letter of the feeling in the box.

b	1.	It is my birthday today.
a	2.	My new toy broke.
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e	4.	Someone took my pencil without asking.
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ANSWER KEY

Name _____ Date _____

Social Studies · Feelings

Feelings Faces

Draw the faces. Then finish the sentences.

A happy face

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Drawings will vary.

Finish the sentences.

I feel happy when _____ .

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I feel scared when _____ .

Answers will vary.

ANSWER KEY

Name _____ Date _____

Social Studies · Feelings

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Circle the kind and helpful choice.

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- **take deep breaths**
- hit someone

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- laugh at them
- **ask what is wrong**

3. When I feel scared, I can…

- **tell a grown-up**
- hide and say nothing

4. When I make a mistake, I can…

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- **say sorry and try again**

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- grab more

What makes you feel calm?

Answers will vary.

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