



# EVERYONE HAS FEELINGS



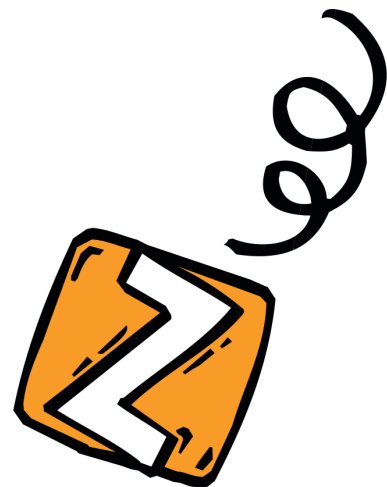
I have a lot of feeling that can often shift and change,  
Sometimes the way I feel can really be quite strange!  
I can start out to be nervous ... scared, shy, embarrassed, mad  
And hours later be feeling happy ... excited, proud, and glad.

Sharing my feelings will help to ease the load  
If I keep them bottled up, I think I might explode!

MY NAME IS \_\_\_\_\_

GRADE \_\_\_\_\_ DATE \_\_\_\_\_

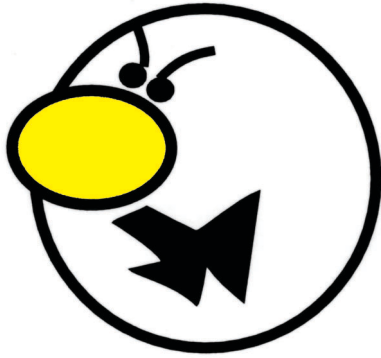
# Feelings Alphabet



**EMOTIONAL AWARENESS 4-2**

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# Today I Feel ...



**ANGRY**



**SCARED**



**CONFUSED**



**HAPPY**



**EXCITED**



**SAD**



**SILLY**

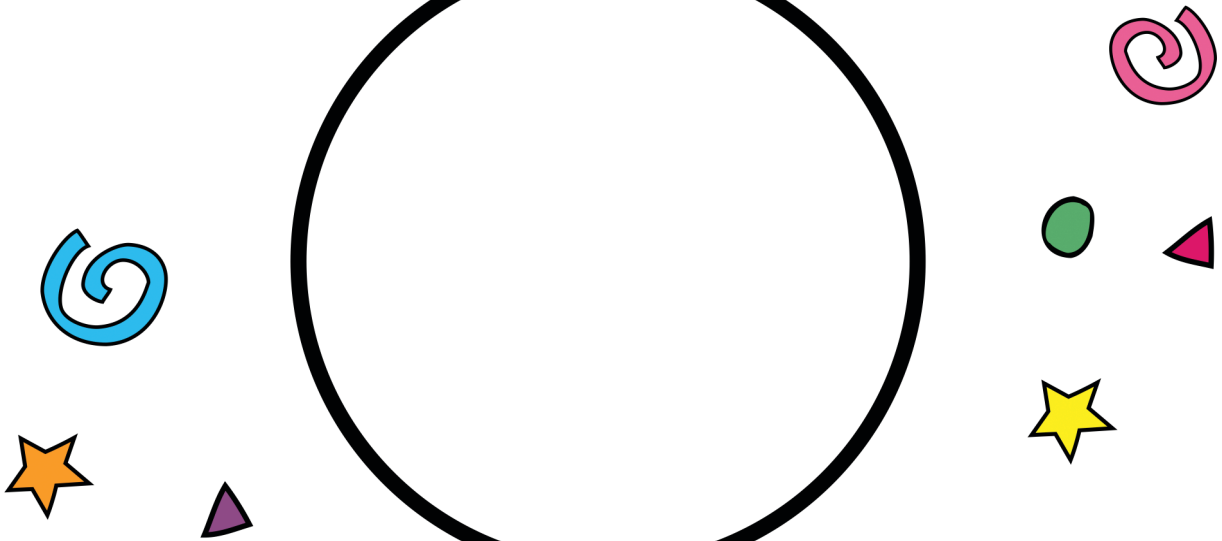
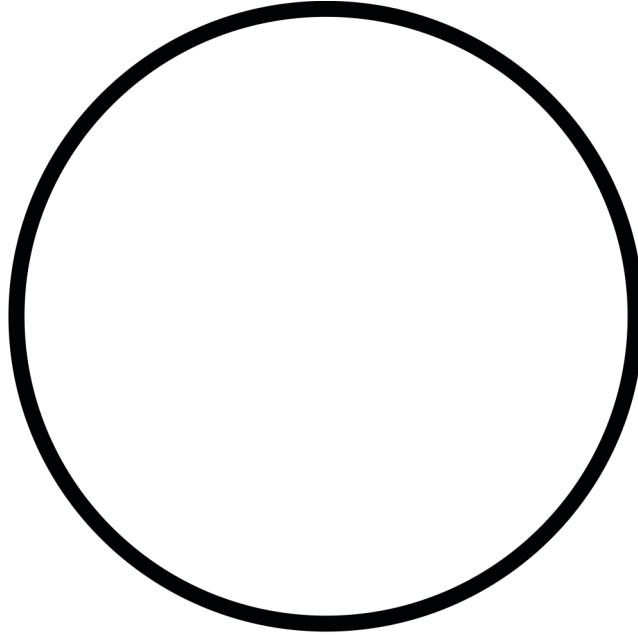


**PROUD**



**WORRIED**

# Today I Feel ...



**THE CAUSE**

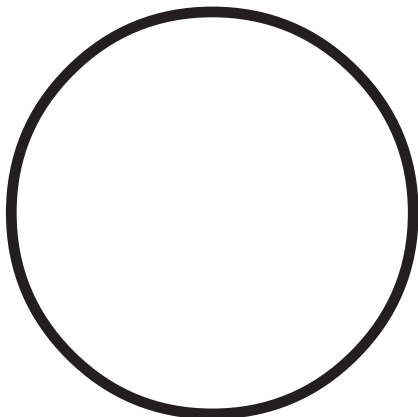
A large rectangular box with a thick yellow border and a blue inner line. The corners of the yellow border are marked with red stars. The text "THE CAUSE" is written in bold black letters across the top of the yellow border. The interior of the box is white and intended for a child to write their cause.

**EMOTIONAL AWARENESS 4-4**

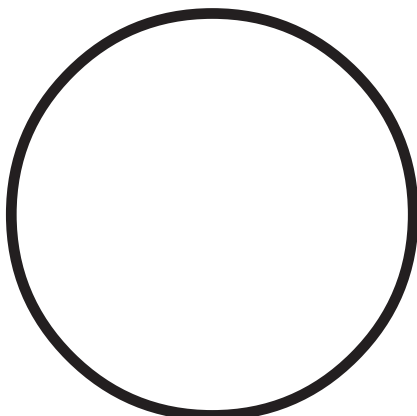
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# I Feel ...

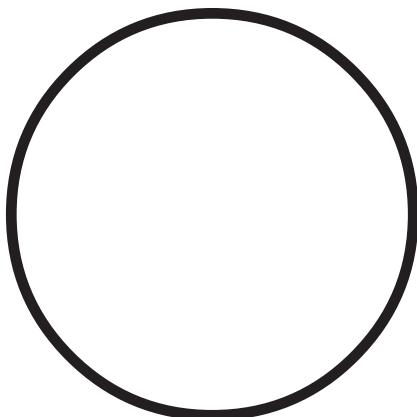
FEELING WORD \_\_\_\_\_



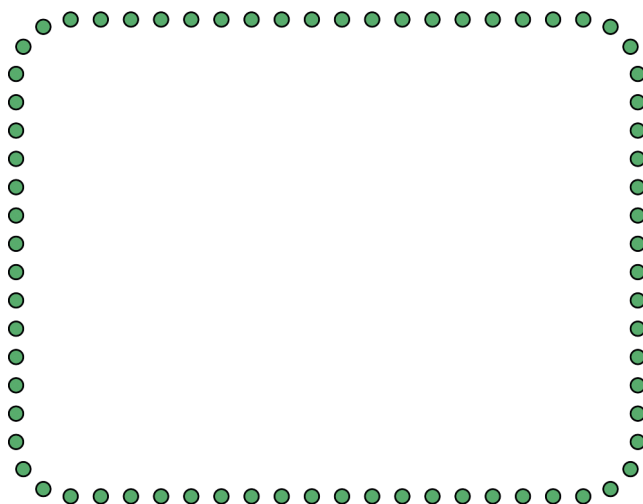
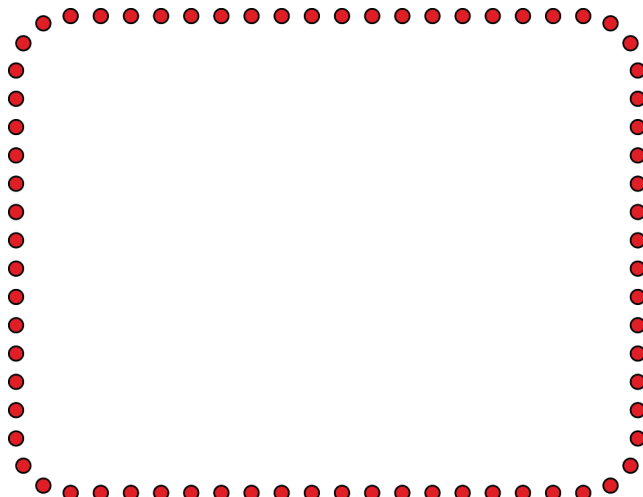
FEELING WORD \_\_\_\_\_



FEELING WORD \_\_\_\_\_



# When ...





# I Feel ... When ...



I feel angry when \_\_\_\_\_.

I feel sad when \_\_\_\_\_.

I feel embarrassed when \_\_\_\_\_.

I feel happy when \_\_\_\_\_.

I feel proud when \_\_\_\_\_.

I feel frustrated when \_\_\_\_\_.

I feel afraid when \_\_\_\_\_.

I feel excited when \_\_\_\_\_.

My feelings get hurt when \_\_\_\_\_.

I feel nervous when \_\_\_\_\_.

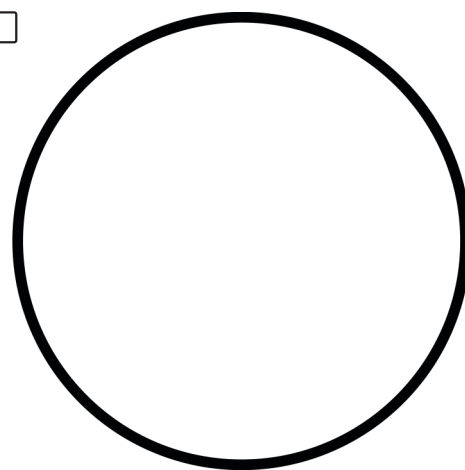
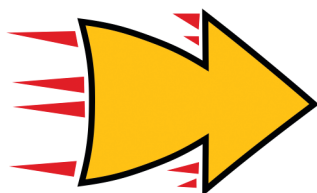
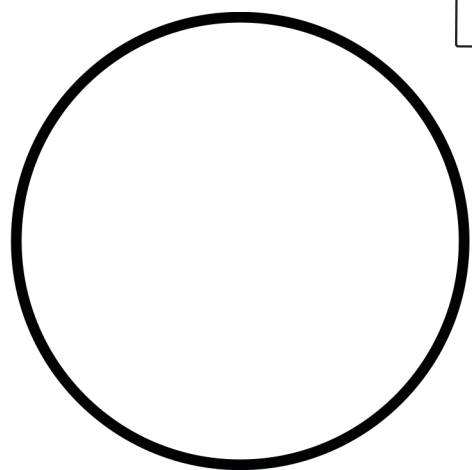
I feel guilty when \_\_\_\_\_.

I can talk to \_\_\_\_\_ about my feelings.



# Changing How I

# FEEL



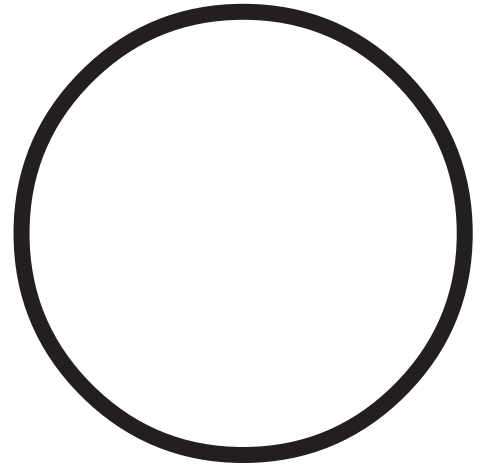
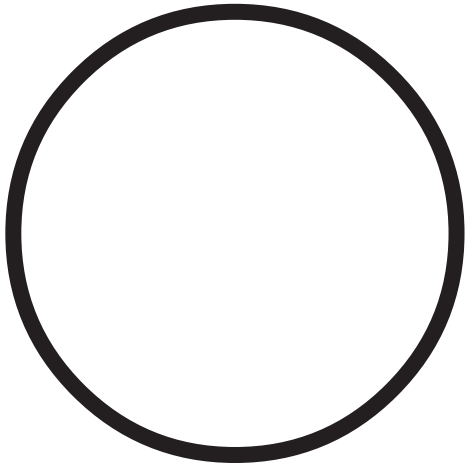
**HOW COULD I CHANGE?**

**EMOTIONAL AWARENESS 4-7**

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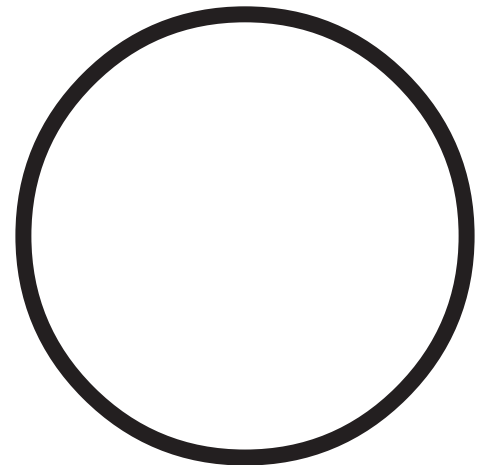
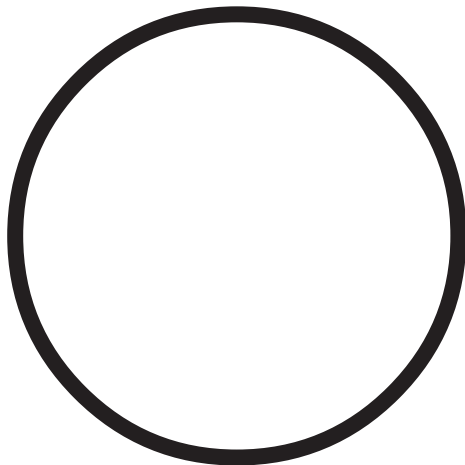
# Conflicting Feelings

**I Feel ...**



**When** \_\_\_\_\_

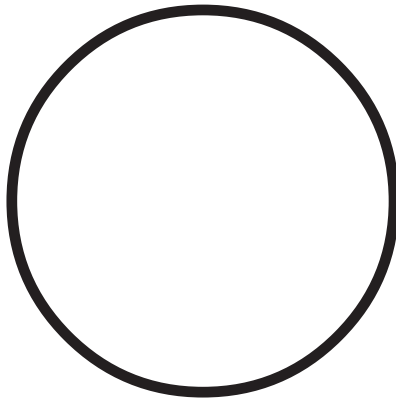
**I Feel ...**



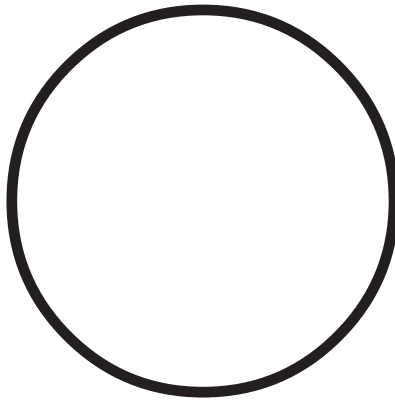
**When** \_\_\_\_\_



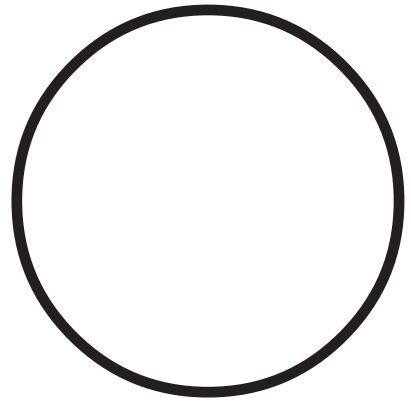
# Feelings Faces



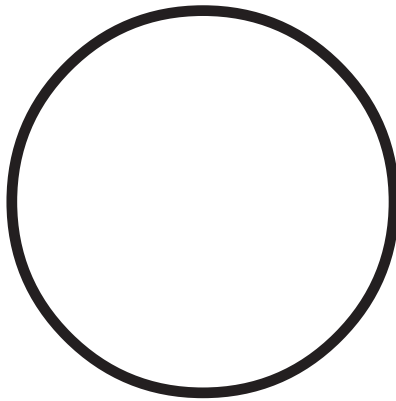
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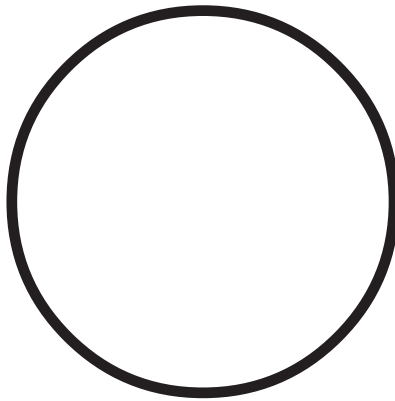
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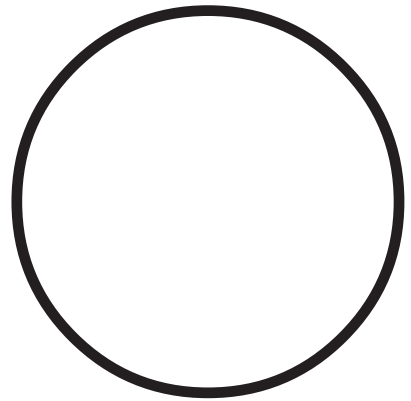
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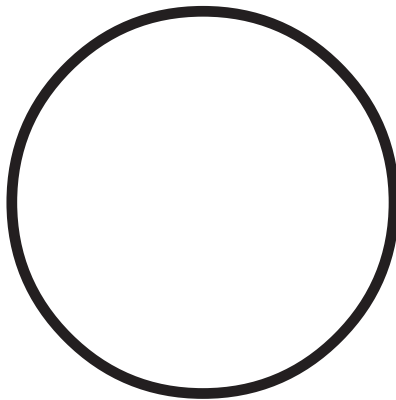
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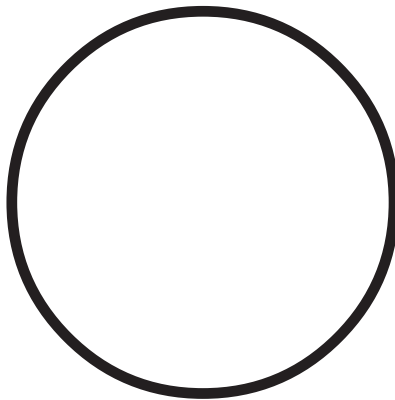
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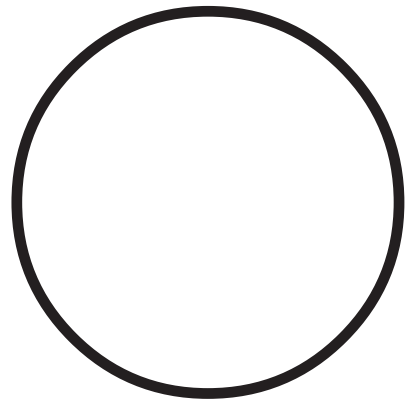
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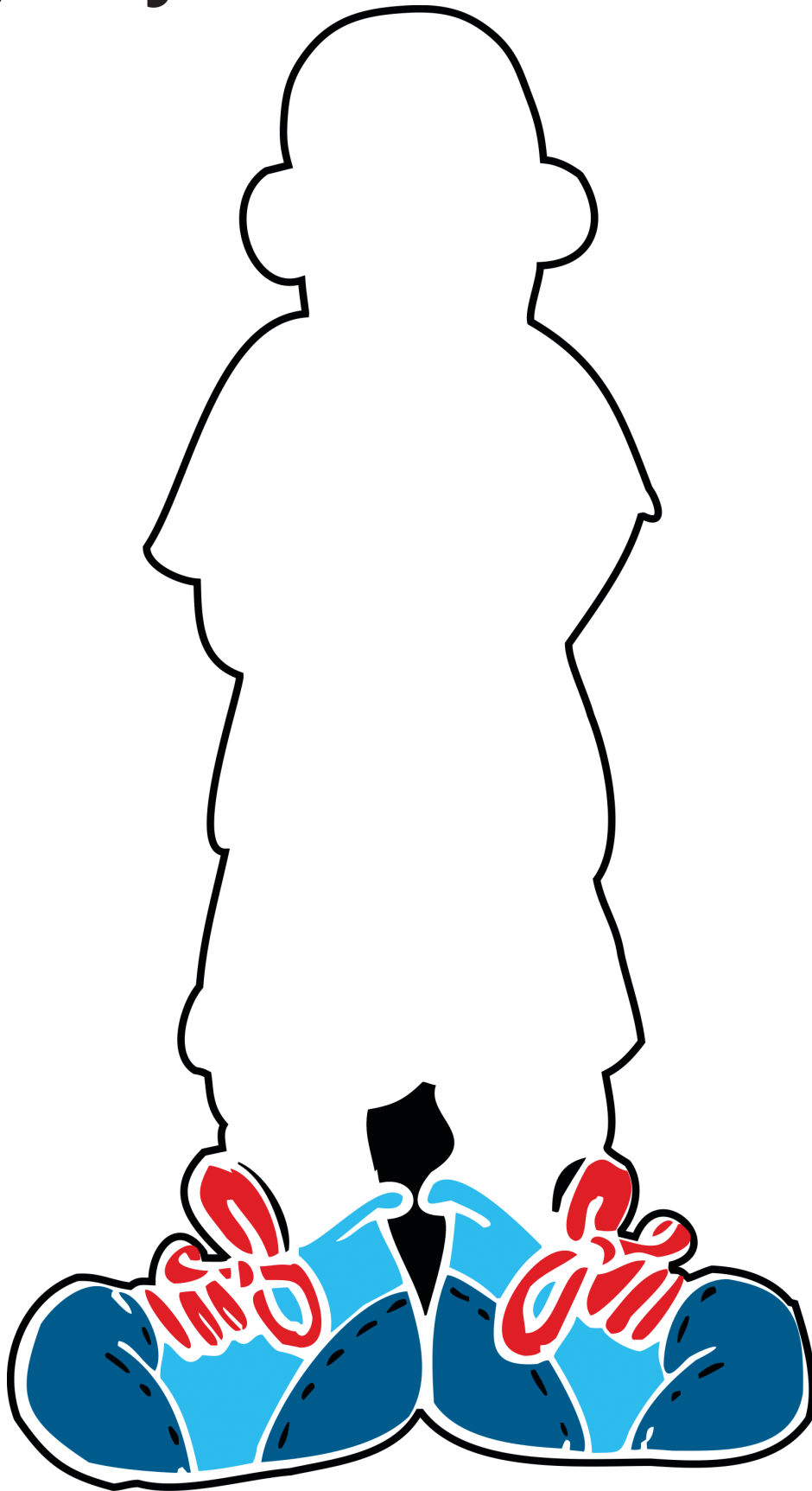


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**EMOTIONAL AWARENESS 4-9**

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# My Body Tells Me What I'm Feeling



**EMOTIONAL AWARENESS 4-10**

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**I Can Share**

**MY FEELINGS**

A large grid of dotted lines for writing. The grid is divided into four quadrants by a vertical line of red dots and a horizontal line of green dots. The top-left quadrant is outlined with orange dots, the top-right with red dots, the bottom-left with green dots, and the bottom-right with blue dots. There are also yellow stars in the top-left and top-right corners of the grid area.

**EMOTIONAL AWARENESS 4-11**

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## A LIST OF FEELINGS WORDS

There are many feelings words. *Happy, sad, scared,* and *mad* are just the beginning! Here are just a few:

afraid	enraged	nervous
alarmed	exasperated	overwhelmed
amazed	excited	peaceful
angry	exuberant	perplexed
annoyed	fearful	pleased
anxious	frightened	proud
apprehensive	frustrated	puzzled
ashamed	furios	relaxed
astonished	glad	relieved
bashful	guilty	remorseful
bewildered	happy	sad
blissful	humiliated	scared
bored	hurt	shocked
calm	impatient	shy
cheerful	intimidated	sorrowful
confused	irritated	startled
contented	jealous	stressed
delighted	joyful	surprised
depressed	jubilant	tense
disappointed	livid	terrified
discouraged	lonely	thrilled
distressed	loved	timid
ecstatic	mad	unhappy
elated	melancholy	upset
embarrassed	miserable	worried

LIFE LESSON LEARNED



I HAVE

FEELINGS

THAT

I CAN

SHARE



EMOTIONAL AWARENESS 4-13

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