

How Am I Feeling?

Name _____

Date _____

1. Which word names a feeling?
A) Green
B) Happy
C) Jump
D) Table
2. Your friend grabs your toy without asking. What might you feel?
A) Calm
B) Sleepy
C) Happy
D) Angry
3. Your friend shares her lunch with you at school. What might you feel?
A) Scared
B) Angry
C) Happy
D) Sad
4. What is the name of the feeling when you are smiling because you got a new toy?
A) Happy
B) Scared
C) Angry
D) Sad
5. A child is crying because her ice cream fell on the ground. What is she probably feeling?
A) Sad
B) Excited
C) Happy
D) Proud
6. What do we call the feeling when you finish building a tall block tower all by yourself?
A) Bored
B) Proud
C) Angry
D) Scared
7. After playing for a very long time, you want to sit down and rest. What are you feeling?
A) Scared
B) Excited
C) Angry
D) Tired
8. What is the name of the good feeling you get on your birthday when everyone sings for you?
A) Tired
B) Scared
C) Happy
D) Angry
9. A girl hides behind her mother when a stranger says hello to her. What might she be feeling?
A) Shy
B) Angry
C) Excited
D) Proud
10. What do we call the feeling when a big dog runs towards you and you feel like running away?
A) Bored
B) Proud
C) Scared
D) Happy

Answer key

1. B 2. D 3. C 4. A 5. A 6. B 7. D 8. C 9. A 10. C