Naming Feelings

Name _____ Date _____

1. What is the word for feeling that something good might happen soon?
   A) curious B) hopeful
   C) excited D) relieved

2. What do we call feeling bad because you did something you knew was wrong?
   A) sad B) ashamed
   C) embarrassed D) guilty

3. Which word means feeling mixed up because you are not sure what is happening?
   A) confused B) worried
   C) bored D) nervous

4. What is the word for feeling flat and uninterested because there is nothing fun to do?
   A) sad B) tired
   C) bored D) lonely

5. Which word means feeling like you have too many feelings at once to handle?
   A) overwhelmed B) nervous
   C) confused D) tired

6. Which word means feeling unhappy because something you hoped for did not happen?
   A) disappointed B) annoyed
   C) bored D) sad

7. Which word best fits feeling calm again after something worrying has ended safely?
   A) relieved B) proud
   C) happy D) content

8. What do we call feeling worried and jittery just before something important, like a test?
   A) sad B) scared
   C) angry D) nervous

9. What do we call wanting something that belongs to someone else, like their new bicycle?
   A) envious B) annoyed
   C) sad D) jealous

10. What do we call feeling hot-faced and shy after tripping in front of the whole class?
    A) scared B) sad
    C) ashamed D) embarrassed

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