



How Am I Feeling?

Circle the letter of the best answer.

For grown-ups: read each question aloud. Your child can point to or circle the answer.

Feelings can differ from child to child. Each question has a best-fit answer; talk about other feelings too.

Name _____ Date _____

1. Which word names a feeling?

A) Green

B) Table

C) Happy

D) Jump

2. A girl cries because her ice cream fell. How does she feel?



A) Proud

B) Happy

C) Excited

D) Sad

3. Your friend grabs your toy without asking. What might you feel?

A) Happy

B) Angry

C) Sleepy

D) Calm

4. A big dog runs towards you. How do you feel?



A) Scared

B) Proud

C) Bored

D) Happy

5. Your mother gives you an unexpected gift. What do you feel first?

A) Bored

B) Surprised

C) Sleepy

D) Angry

6. You finish a tall block tower by yourself. What do you feel?

A) Bored

B) Scared

C) Proud

D) Angry

7. After lots of play, you want to rest. How do you feel?

A) Excited

B) Angry

C) Scared

D) Tired

8. A stranger says hello and a girl hides. How might she feel?

A) Shy

B) Excited

C) Proud

D) Angry

9. In a long line with nothing to do, how do you feel?

A) Scared

B) Proud

C) Bored

D) Excited

10. A girl keeps asking how caterpillars become butterflies. How does she feel?



A) Curious

B) Angry

C) Bored

D) Scared

Answer key — fold under before giving this to a child

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