



Naming Feelings

Circle the letter of the best answer.

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

Name _____ Date _____

1. Name the feeling of being still and relaxed, like after a good rest.
A) Jealous B) Calm C) Worried D) Angry
2. Name the feeling of fast talking and jumping up and down before a birthday party.
A) Embarrassed B) Sad C) Excited D) Calm
3. Tripping in front of the class makes your face hot. You want to hide. Name the feeling.
A) Calm B) Curious C) Relieved D) Embarrassed
4. Name the feeling of looking down and mumbling after breaking a rule.
A) Guilty B) Curious C) Bored D) Proud
5. Which feeling word fits crossed arms, a frown, and short cranky answers?
A) Relieved B) Grumpy C) Happy D) Shy
6. Which word names the feeling of wrinkling your nose and pulling away from a smelly lunchbox?
A) Curious B) Calm C) Proud D) Disgusted
7. Name the feeling that comes with finally finding something lost and letting out a big breath.
A) Relieved B) Embarrassed C) Jealous D) Bored
8. What do we call the feeling when your mouth drops open because something happened that you did not expect?
A) Jealous B) Calm C) Surprised D) Bored
9. Name the feeling of standing tall and smiling big after riding your bicycle alone for the first time.
A) Embarrassed B) Proud C) Worried D) Grumpy
10. What do we call it when tears come and you feel quiet and low?
A) Angry B) Excited C) Calm D) Sad

Answer key — fold under before giving this to a child

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