TaniLearn

EQ · Ages 9-10 · US edition

Practice worksheet

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Naming Feelings

Circle the letter of the best answer.

Name _____ Date _____

1. What is the word for feeling alone, even if there are people nearby?

   A) lonely
   B) bored
   C) shy
   D) sad

2. Which word best fits feeling annoyed because a plan keeps going wrong?

   A) sad
   B) worried
   C) upset
   D) frustrated

3. Which word means feeling mixed up because you are not sure what is happening?

   A) worried
   B) nervous
   C) confused
   D) bored

4. Which word means feeling thankful for something good that has happened to you?

   A) happy
   B) grateful
   C) proud
   D) relieved

5. What is the word for feeling flat and uninterested because there is nothing fun to do?

   A) bored
   B) tired
   C) lonely
   D) sad

6. Which word means feeling like you have too many feelings at once to handle?

   A) nervous
   B) overwhelmed
   C) tired
   D) confused

7. Which word means feeling unhappy because something you hoped for did not happen?

   A) uncomfortable
   B) overwhelmed
   C) disappointed
   D) embarrassed

8. Which word best fits feeling a strong wish to find out more about something new?

   A) hopeful
   B) excited
   C) nervous
   D) curious

9. What do we call wanting something that belongs to someone else, like their new bicycle?

   A) annoyed
   B) sad
   C) greedy
   D) envious

10. What do we call feeling worried and jittery just before something important, like a test?

    A) angry
    B) nervous
    C) scared
    D) sad

Answer key — fold under before giving this to a child

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