

Working With Our Feelings

Look at the picture below. Take a close look.

What is the girl in the picture feeling? _____
_____.

Why might she be feeling that way? _____
_____.

Can you think of two other reasons for these feelings?

1. _____
2. _____



Look at this picture. Take a close look.

What is the boy in the picture feeling? _____
_____.

Why might he be feeling that way? _____
_____.



Can you think of two other reasons for these feelings?

1. _____
2. _____

Some feelings “feel” good and some feelings “feel” bad. Some feelings are “in-between” good and bad: not really good or bad. With this list of feelings, put the feelings in each of the boxes they fit in below. Try to add some of your own feelings!

FEEL GOOD

IN-BETWEEN

FEEL BAD

Feelings

- Excited
- Surprised
- Scared
- Bored
- Proud
- Embarrassed
- Upset
- Joyful
- Mean