

feelings nervous proud
excited scared angry

Feelings

How do you feel?

Matt wins a big game.

He feels proud!

Sarah's little toy breaks.

She feels angry.

Joe's friends come to play.

He feels happy!

Jenna is going to a new school.

She feels nervous.

Kara knows how to tie her shoes.

She feels excited!

Your feelings are important!

Your feelings are different each day.

How do you feel today?



Feelings (exercises)

1. Write “happy”, “sad” or “proud” on each line.

I won an award. I feel _____.

I lost my favorite book. I feel _____.

I won the contest. I feel _____.

2. Complete this sentence.

I was excited when _____

_____.

3. Draw lines to match the words to the correct pictures.

angry



excited



nervous



sad

