

EMOTIONS Worksheet 1

HAPPY

Feeling joy



I feel happy when

SAD

Having no joy
Feeling unhappy



I feel happy when

AFRAID

Feeling frightened



I feel happy when

LOVED

Feeling cared for



I feel happy when

ANGRY

Feeling upset when
something wrong happens



I feel happy when

PROUD

Feeling pleased about
your accomplishments



I feel happy when

EMBARRASSED

Feeling awkward after
something happens to you



I feel happy when

EXCITED

Really looking forward to
something



I feel happy when

ANXIOUS

Feeling nervous or
worried.



I feel happy when
