

Name the Emotion:

1. Lost Toy

"Tommy looked around the room. His favorite toy was missing, and he felt a lump in his throat. He sat on the floor and pulled his knees to his chest."

- **What emotion is Tommy feeling?**
- **What could Tommy do to solve this or feel better?**

2. Waiting for a Turn

"Sara watched as her friend played with the new game. She wanted a turn, but she had to wait. Her hands were fidgeting, and she felt her face getting warm."

- **What emotion is Sara feeling?**
- **What could she do while she waits?**

3. A Loud Noise

"The balloon popped with a big bang, and Jackson covered his ears. His heart started beating fast, and he wanted to run away."

- **What emotion is Jackson feeling?**
- **What could Jackson do to calm down?**

4. Forgotten Homework

"Lilly opened her backpack and realized she forgot her homework at home. Her stomach tightened, and her eyes filled with tears."

- **What emotion is Lilly feeling?**
- **What could she do to fix the situation or feel better?**

5. Unfair Game

"Ben was playing a board game, but his friend changed the rules and won. Ben crossed his arms and felt his face getting hot."

- **What emotion is Ben feeling?**
- **What could Ben say or do to solve the problem?**

6. Birthday Surprise

"Ella walked into the room, and everyone shouted, 'Surprise!' She felt her cheeks flush, and she couldn't stop smiling."

- **What emotion is Ella feeling?**
- **How could Ella share this happy feeling with others?**

7. First Day Jitters

"It was the first day of school, and Mia didn't know anyone in her class. Her hands felt sweaty, and her legs wouldn't stop shaking."

- **What emotion is Mia feeling?**
- **What could Mia do to feel more comfortable?**

8. Big Mistake

"Leo spilled his juice all over the table. His face turned red, and he didn't know what to say. He looked down at the mess."

- **What emotion is Leo feeling?**
- **What could Leo do to fix the situation?**

9. New Sibling

"When the baby came home, Olivia saw everyone holding her. She felt tears in her eyes and crossed her arms."

- **What emotion is Olivia feeling?**
- **What could she do to feel better or talk about her feelings?**

10. A Long Wait

"Max was excited for his grandparents to visit, but they were running late. He kept looking out the window, feeling his chest tighten with frustration."

- **What emotion is Max feeling?**
- **What could Max do to pass the time and stay calm?**

11. Losing a Race

"During recess, Chris ran as fast as he could but didn't win the race. He sat down, his face warm, and his hands balled into fists."

- **What emotion is Chris feeling?**
- **What could Chris do to feel better?**

12. Sharing a Secret

"Lily whispered a secret to her friend, but then her friend told others. Lily's heart sank, and she felt tears in her eyes."

- **What emotion is Lily feeling?**
- **What could Lily do to talk about her feelings or solve the problem?**

13. A Funny Joke

"During lunch, Ava's friend told a joke that made her laugh so hard her sides hurt. She couldn't stop giggling."

- **What emotion is Ava feeling?**
- **How could Ava share this joyful moment with others?**

14. Missing a Parent

"At bedtime, Marcus wanted his mom, but she was away on a work trip. He hugged his pillow and felt tears welling up in his eyes."

- **What emotion is Marcus feeling?**
- **What could Marcus do to feel comforted?**

15. Making a New Friend

"At the park, Sophia saw another girl playing on the swings. She smiled, walked over, and asked if they could play together."

- **What emotion is Sophia feeling?**
- **What could Sophia do to keep the good feeling going?**

16. Helping Someone

"Liam saw his little brother fall while playing outside. He helped him up, brushed off his clothes, and gave him a hug."

- **What emotion is Liam feeling?**
- **How can helping others make us feel good inside?**

17. Drawing Mess Up

"Jordan was drawing a picture, but he made a mistake that he couldn't erase. He crumpled the paper and felt his face get hot."

- **What emotion is Jordan feeling?**
- **What could Jordan do to stay calm and keep going?**

18. Loud and Overwhelming

"The cafeteria was loud, and the noise made Ava's head hurt. She covered her ears and wanted to hide under the table."

- **What emotion is Ava feeling?**
- **What could Ava do to feel calmer in this noisy situation?**

19. Getting a Compliment

"After reading his story aloud, Ben's teacher said, 'Great job!' Ben felt his chest fill with warmth, and he smiled from ear to ear."

- **What emotion is Ben feeling?**
- **What could Ben do to share this proud moment?**

20. Forgetting the Rules

"At the library, Emma started talking loudly and got a reminder to use her quiet voice. Her face turned red, and she felt her heart race."

- **What emotion is Emma feeling?**
- **What could Emma do to feel okay after making a mistake?**