

Understanding My Emotions

Everyone has emotions! Having emotions and feeling things is part of what makes us human!

Sometimes we might feel more than one emotion at a time, sometimes we might be confused or not know what we are feeling and sometimes our feelings can be uncomfortable.

This worksheet is there to help you label your emotions, use the boxes to describe your emotions in words, pictures, smells, memories etc.

Happy

Angry

Worried

Sad

Excited

Proud