

Recognizing Feelings

How to use: Print first for the main practice. Then use the device to repeat activities and save progress.

LEARNING OBJECTIVES

- 1 Name at least six feelings by looking at a face expression
- 2 Match each face to its correct feeling word
- 3 Use the sentence "I feel ____" to describe how I am feeling right now

MINI LESSON

Your face is like a message board — it tells the world how you feel without saying a single word! Learning to read faces helps you understand yourself and the people around you.

What are feelings?

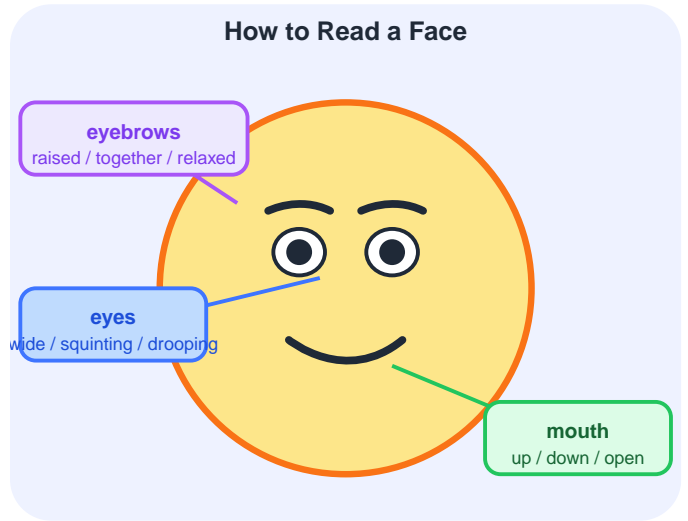
- A feeling is something that happens inside you — in your body and mind.
- Every person has feelings every single day. They come and go like clouds in the sky.
- No feeling is wrong to have. What matters is noticing it and naming it.

Six feelings to know

- Happy — big smile, bright eyes. You feel light inside.
- Sad — mouth turned down, maybe tears. You feel heavy inside.
- Angry — eyebrows pulled together, tight jaw. You feel hot inside.
- Surprised — wide eyes, mouth open in an O. Something unexpected happened!
- Scared — wide eyes, shoulders up, body tense. You feel unsafe or unsure.
- Calm — relaxed face, gentle smile. Everything feels quiet and okay.

How to use feelings clues

- Look at the eyes — are they wide, squinting, or drooping?
- Look at the mouth — is it curved up, curved down, or open?
- Look at the eyebrows — are they raised, pulled together, or relaxed?



! Ask yourself: "What is this face telling me? What feeling does it show?"

TRACING PRACTICE

Trace each word, then copy it twice on the lines below.

TRACE

happy

COPY 1

COPY 2

TRACE

sad

COPY 1

COPY 2

TRACE

angry

COPY 1

COPY 2

TRACE

surprised

COPY 1

COPY 2

TRACE

scared

COPY 1

COPY 2

TRACE

calm

COPY 1

COPY 2

TRACE

proud

COPY 1

COPY 2

TRACE

excited

COPY 1

COPY 2

TRACE

I feel happy.

COPY 1

COPY 2

TRACE

I am calm.

COPY 1

COPY 2

TRACE

I feel scared.

COPY 1

COPY 2

TRACE

I am excited.

COPY 1

COPY 2

Tip: As you trace each feeling word, make the matching face — your body helps you remember the word!

EXERCISES — MULTIPLE CHOICE

1. What is a feeling?

- Something you can hold in your hand
- Something that happens inside your body and mind
- Something you eat or drink

2. Which describes a happy face?

- Eyebrows pulled together, mouth curved down
- Wide eyes, open mouth in an O shape
- A big smile with lifted cheeks

3. What do the eyebrows look like on an angry face?

- Pulled together and pointing downward in the middle
- Raised high up on the forehead
- Completely relaxed and flat

4. A friend's eyes go wide and their mouth opens in an O shape. How do they feel?

- Calm
- Surprised
- Angry

5. Which body clue tells you someone might be scared?

- Relaxed shoulders and a gentle smile
- Eyebrows pulled together, face looks hot
- Wide eyes and tense, raised shoulders

6. What does a calm face look like?

- Relaxed muscles, soft eyes, maybe a gentle small smile
- Eyes very wide, mouth open
- Brows pulled together, mouth turned down

7. You want to figure out how someone is feeling. What is a good face clue to look at first?

- The color of their hair
- The shape of their mouth — is it up, down, or open?
- The size of their hands

8. Is it okay to feel angry sometimes?

- No — we should only ever feel happy
- Only if someone made us angry first
- Yes — every feeling is okay to have

9. You are feeling sad. What is the best thing to say?

- "I feel sad right now."
- Say nothing and walk away
- Shout until someone notices

10. Why is it useful to recognize feelings on other people's faces?

- So we can copy exactly what they are doing
- So we can understand how they feel and respond kindly
- So we can win at games more easily

ASSESSMENT

PARENT / TEACHER CHECKLIST

- Names all six feelings (happy, sad, angry, surprised, scared, calm) correctly when shown each face card.
- Points to the eyebrows, eyes, or mouth and explains what each clue tells them about the feeling shown.
- Uses "I feel ____" in a complete sentence to describe their current emotion without prompting.
- Completes the paper worksheet by drawing a face for each of the six feelings and writing the feeling word below each one.