

# Naming Emotions

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

## LEARNING OBJECTIVES

- 1 Choose the right emotion word for a situation
- 2 Say "I feel \_\_\_ because \_\_\_"
- 3 Use more exact feeling words like worried, proud, and frustrated

## MINI LESSON

Sometimes we know something is happening inside us, but we need the right word for it. Naming an emotion helps us understand ourselves and tell other people what we need.

### Use exact feeling words

- Instead of saying only good or bad, try a real feeling word.
- You might feel excited, worried, proud, frustrated, calm, or angry.
- Exact words make your feelings easier to understand.

### Think about what happened

- A situation gives us clues about the emotion word that fits.
- If something hard is not working yet, frustrated may fit better than angry.
- If something good is about to happen, excited may fit better than just happy.

### Use the feeling sentence

- Say: I feel \_\_\_ because \_\_\_.
- Example: I feel proud because I finished my puzzle.
- Example: I feel worried because the sky is getting very dark.

Situation	Emotion Word
 <p>I did it!</p> <p><b>proud</b></p>	 <p>Uh-oh...</p> <p><b>worried</b></p>
 <p>Yay!</p> <p><b>excited</b></p>	 <p>Not working!</p> <p><b>frustrated</b></p>

I feel  
\_\_\_\_\_

because  
\_\_\_\_\_

**Example:**  
I feel proud because I finished my puzzle.

! Ask yourself: "What feeling word fits this moment? Can I say, 'I feel \_\_\_ because \_\_\_'?"

## TRACING PRACTICE

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

TRACE

excited

COPY 1

COPY 2

TRACE

worried

COPY 1

COPY 2

TRACE

proud

COPY 1

COPY 2

TRACE

frustrated

COPY 1

COPY 2

TRACE

calm

COPY 1

COPY 2

TRACE

angry

COPY 1

COPY 2

TRACE

happy

COPY 1

COPY 2

TRACE

sad

COPY 1

COPY 2

TRACE

I feel proud.

COPY 1

COPY 2

TRACE

I feel worried.

COPY 1

COPY 2

TRACE

I am calm.

COPY 1

COPY 2

TRACE

I feel excited.

COPY 1

COPY 2

*Tip: Say the feeling word out loud as you trace it, then tell why that feeling might happen.*

## EXERCISES — MULTIPLE CHOICE

**Which sentence uses a real feeling word?**

- I feel thing.
- I feel worried.
- I feel table.

**Which sentence frame helps you name an emotion?**

- I can jump because jump.
- I like because like.
- I feel \_\_\_ because \_\_\_.

**When does the word worried fit best?**

- When you think something might go wrong
- When you are sleeping peacefully
- When you are laughing at a joke

**Which feeling word fits when you finish something hard and do a good job?**

- Scared
- Proud
- Sleepy

**Which clue matches the feeling calm?**

- Slow breathing and a relaxed body
- Tight fists and a hot face
- Jumping because a surprise happened

**Which feeling word fits when a job is hard and keeps not working?**

- Proud
- Calm
- Frustrated

**Which feeling word fits when something fun is about to happen?**

- Sad
- Excited
- Tired

**If someone pushed in front of you in line and you feel hot inside, which feeling word fits best?**

- Angry
- Calm
- Proud

**Why is it useful to name your emotion?**

- So people will guess harder
- So you never need help
- So others can understand how you feel

**Which word is a feeling, not an action?**

- Jump
- Proud
- Clap

## ASSESSMENT

### PARENT / TEACHER CHECKLIST

- Chooses a feeling word that fits a simple situation card without needing the answer read aloud.
- Uses more exact emotion words such as worried, proud, excited, or frustrated during the lesson.
- Says a complete feeling sentence using "I feel \_\_\_ because \_\_\_."
- Completes the paper worksheet by matching situations to emotion words and writing one feeling sentence.