

Identifying feelings worksheet

How did Blessing feel?

Write down all the feelings you think she experienced. Use the list on the right to help you.

How did Eoin feel?

Write down all the feelings you think he experienced.
Use the list on the right to help you.

How did Jamie feel?

Write down all the feelings you think she experienced.
Use the list on the right to help you.

Feelings bank

angry
annoyed
anxious
ashamed
awkward
brave
calm
cheerful
chill
confused
distracted
embarrassed
excited
friendly
frustrated
happy
hopeful
jealous
lonely
loved
nervous
scared
sad
thoughtful
tired
uncomfortable
unsure
worried
other

