🌟 Classroom Worksheet: Expressing Our Feelings

Name: _____ **Date:** _____

Task 1: Emoji Matching 🎭

Expression	Feeling Emoji
1. "We'll **get by just fine**."	🧗 (Determined/Hopeful)
2. "I **held on too tight**."	😔 (Regretful/Sorry)
3. "I'm **seizing the moment**!"	🚀 (Excited/Active)
4. "**See yourself in turn**."	✨ (Proud/Reflective)

Task 2: Fill in the Story 📖

Read the story about Sarah and her friends. Use the phrases from the word bank to finish the sentences.

> **Word Bank:** held on too tight | seizing the moment | get by just fine | see yourself in turn

Sarah was nervous because she lost her favorite lunchbox. Her mom hugged her and said, "Don't worry, **(1)** _____."

Later, Sarah realized she was being bossy and didn't let her friend play with her toys. She said, "I'm sorry I **(2)** _____."

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Her friend replied, "It's okay! You are a great friend, you just need to **(3)** _____ and realize how kind you usually are."

Sarah felt better. When she saw an open spot on the soccer team, she cheered, "I'm **(4)** _____!" and ran to join the game.

Task 3: The "Correct Me" Game ❌✅

*Is the expression used correctly? Circle **YES** or **NO**.*

1. "I am so hungry, I will **seize the moment** and eat this apple."
   (YES / NO)
2. "The rain ruined our picnic, but we will **get by just fine** indoors."
   (YES / NO)
3. "You are very mean, you should **see yourself in turn**."
   (YES / NO) (Hint: This phrase is usually for a compliment!)

Task 4: Draw It! 🎨

*In the box below, draw a picture of yourself **"seizing the moment"** (doing something brave or fun right now!).*

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