

Understanding our emotions



Mind Trotters
WE ARE AN ESSENTIAL PIECE

You can experience more than 1 emotion at a time. If you are feeling happy, you may also be feeling calm and peaceful. Sort the emotions in the right categories.

Drag and drop the given words in chronological order.

Feeling happy?



Feeling angry?



Fill in the blanks with these words:

Mad

Glad

Focused

Annoyed

Gloomy

Blue

Excited

Surprised

Calm

Curious

Frustrated

Cheerful

Down

Unhappy

Creative

Feeling sad?



Feeling energized?

