

# Understanding our emotions



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?



feeling sad?



feeling energized?



Fill in the blanks with these words:

Mad  
Glad  
Focused  
Annoyed  
Gloomy  
Blue  
Excited  
Surprised  
Calm  
Curious  
Frustrated  
Cheerful  
Down  
Unhappy  
Creative