EMOTIONS & FEELINGS

An Educational Visual Guide for 1st Year Secondary Students



HAPPINESS

Feeling joy, satisfaction, and positive contentment. It makes you smile and laugh.

Keywords: Glad, Joyful, Cheerful



SADNESS

Feeling unhappy, low, or experiencing grief and sorrow. You might cry or want to be alone.

Keywords: Down, Blue, Unhappy



ANGER

A strong feeling of extreme displeasure, frustration, or hostility when things go wrong.

Keywords: Mad, Furious, Annoyed



FEAR

Feeling scared, anxious, or threatened by danger. Your heart beats fast and you want protection.

Keywords: Afraid, Scared, Terrified



SURPRISE

The feeling you get when something completely unexpected or astonishing happens.

Keywords: Amazed, Shocked, Astonished



DISGUST

A strong feeling of dislike, revolt, or disapproval toward something nasty, yucky, or unpleasant.

Keywords: Nasty, Awful, Repelled

LIVEWORKSHEETS

Student Worksheet: Emotions & Feelings

Full Name: _____ **Grade:** 1st Secondary **Date:** _____

Activity 1: Match the Emotion to its Definition

Draw a line to connect the emotion on the left with its correct meaning on the right.

1. Happiness		**A.** Feeling scared, anxious, or in danger.
2. Sadness		**B.** Feeling extreme displeasure, frustrated, or mad.
3. Anger		**C.** Feeling joy, satisfaction, and contentment.
4. Fear		**D.** Feeling astonished by something unexpected.
5. Surprise		**E.** Feeling unhappy, down, or full of sorrow.

Activity 2: Complete the Sentences

Fill in the blanks using the correct words from the word bank box.

Sad • Surprised • Happy • Angry • Scared

1. Sarah felt very _____ when she received a beautiful gift she didn't expect.
2. John was _____ because someone broke his favorite school project.
3. The children were _____ and cried when their team lost the final match.
4. I always feel _____ and smile when I spend time playing with my puppy.
5. She was _____ of the dark room and wanted to turn on the lights immediately.

Activity 3: Connect the Synonyms

Match the words on the left with the words on the right that have a similar meaning.

1. Joyful	Angry
2. Furious	Afraid
3. Terrified	Happy
4. Downcast	Sad

LIVEWORKSHEETS