



# Activity: Elaborating on Feelings



# Strong feelings and details are connected!

As you consider each feeling or emotion below, add some details that could be related to that feeling.

The first example is done for you.



# Excited



I feel this way  
when...

Mom told us that we were going  
on a special vacation!



Example!



# Your Turn!

Write an example of when you've experienced that feeling.





# Scared



I feel this way  
when...





# Nervous

I feel this way  
when...





Sad



I feel this way  
when...



Upset



I feel this way  
when...





# Surprised



I feel this way  
when...





# Bored

I feel this way  
when...





# Restless



I feel this way  
when...



# Confused



I feel this way  
when...





# Tired



I feel this way  
when...



Embarrassed



I feel this way  
when...



Good  
Job!

