

Name: Date:

Reading Comprehension- Feelings

Read or listen to the story then answer the questions below.

Feelings

Things that happen to you cause you to have feelings. Sometimes these things make you feel happy, glad, or satisfied, like when you get an A on a test or finish a project. You may feel anxious about meeting new people or worried because you lost your homework. Riding a fast, thrilling roller coaster may make you feel fear, and watching a scary movie may cause terror inside of you.

Sometimes you feel sadness, like when you lose your favorite pet or have a fight with a friend. People often get depressed if they are sad for too long. You can feel anxious about trying something new, or embarrassment if things don't go right. If you have trouble building a toy car or your computer game just won't work, you may feel frustrated. If you just don't understand something, you can feel confused.

Dismay and frustration can quickly turn into anger at times. If you don't feel you were treated fairly, or you can't get what you want, you may feel annoyed, irritated, or outraged. There are times when your feelings get hurt because of what someone has said or done.

Everyone has negative feelings from time to time. Don't be afraid to talk to someone about your feelings. Talking about your feelings can help you solve problems and start feeling better. And, when you feel low, it helps to become optimistic, to think positively, and once again be cheerful.

Answer these questions about the text.

1. What is this passage about?

_____

2. When might you feel frustrated?

_____

3. Why is it important to talk to someone if you are feeling low?

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4. How do you feel when things do not go your way? Explain.

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Ask two questions about this text.

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LIVEWORKSHEETS

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