

# 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*

# 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    |