Name: _____ Date: _____

😊 ENGLISH: MY FEELINGS & EMOTIONS 💛

ACTIVITY 1: LOOK, POINT AND TRACE THE FEELINGS

Look at the pictures from the video. Say the word and trace the letters below.

HAPPY

H A P P Y

SAD

S A D

ANGRY

A N G R Y

SCARED

S C A R E D

LIVEWORKSHEETS

ACTIVITY 2: HOW TO CALM DOWN (COPING STRATEGIES)

Match the big feeling on the left to the calming action shown in the video!

WHEN I AM ANGRY	TAKE A DEEP BREATH 💨
WHEN I AM SCARED	1 . 2 . 3 COUNT TO 3 🔢
WHEN I AM SAD	GET A HUG 🫂

⭐ WHAT HELPS YOU FEEL BETTER? (TICK OR CIRCLE) ⭐

☐ Deep Breath ☐ Count 1-2-3 ☐ Get a Hug

LIVEWORKSHEETS