

Recognizing Feelings

How to use: Print first for the main practice. Then use the device to repeat activities and save progress.

LEARNING OBJECTIVES

- 1 Name at least six feelings by looking at a face expression
- 2 Match each face to its correct feeling word
- 3 Use the sentence "I feel ____" to describe how I am feeling right now

MINI LESSON

Your face is like a message board — it tells the world how you feel without saying a single word! Learning to read faces helps you understand yourself and the people around you.

What are feelings?

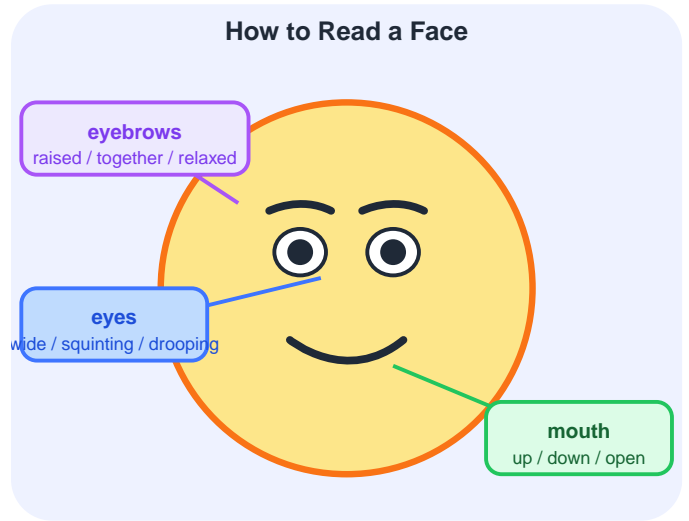
- A feeling is something that happens inside you — in your body and mind.
- Every person has feelings every single day. They come and go like clouds in the sky.
- No feeling is wrong to have. What matters is noticing it and naming it.

Six feelings to know

- Happy — big smile, bright eyes. You feel light inside.
- Sad — mouth turned down, maybe tears. You feel heavy inside.
- Angry — eyebrows pulled together, tight jaw. You feel hot inside.
- Surprised — wide eyes, mouth open in an O. Something unexpected happened!
- Scared — wide eyes, shoulders up, body tense. You feel unsafe or unsure.
- Calm — relaxed face, gentle smile. Everything feels quiet and okay.

How to use feelings clues

- Look at the eyes — are they wide, squinting, or drooping?
- Look at the mouth — is it curved up, curved down, or open?
- Look at the eyebrows — are they raised, pulled together, or relaxed?



! Ask yourself: "What is this face telling me? What feeling does it show?"

VOCABULARY	
Feeling	Something you feel inside, like happy or sad <i>e.g. I have a happy feeling today.</i>
Expression	The look on your face that shows how you feel <i>e.g. Her smile is a happy expression.</i>
Calm	Feeling quiet and relaxed inside <i>e.g. I feel calm when I sit by the window.</i>
Surprised	Feeling something you did not expect <i>e.g. I was surprised by my birthday cake.</i>
Recognize	To know what a feeling is when you see it <i>e.g. I recognize a sad face by the frown.</i>

TRACING PRACTICE

Trace each word, then copy it twice on the lines below.

TRACE (PASS OVER)

happy

COPY 1

COPY 2

TRACE (PASS OVER)

sad

COPY 1

COPY 2

TRACE (PASS OVER)

angry

COPY 1

COPY 2

TRACE (PASS OVER)

surprised

COPY 1

COPY 2

TRACE (PASS OVER)

scared

COPY 1

COPY 2

TRACE (PASS OVER)

calm

COPY 1

COPY 2

TRACE (PASS OVER)

proud

COPY 1

COPY 2

TRACE (PASS OVER)

excited

COPY 1

COPY 2

Tip: As you trace each feeling word, make the matching face — your body helps you remember the word!

EXERCISES — MATCH THE PAIRS

Match each feeling word to the face or body clue that signals it, using only the clues from the mini-lesson.

1. Happy

A. Mouth turned down, maybe tears

2. Sad

3. Angry

4. Surprised

5. Scared

B. Wide eyes, shoulders up, body tense

C. Eyebrows pulled together, tight jaw

D. Big smile, bright eyes

E. Wide eyes, mouth open in an O

Write the matching letter next to each number (e.g. 1-B, 2-A, 3-C...).

1 — ____ 2 — ____ 3 — ____ 4 — ____ 5 — ____

“Flip the page upside down to see the answer key “

1-D 2-A 3-C 4-E 5-B

EXERCISES — MULTIPLE CHOICE

1. What is a feeling?

- Something you can hold in your hand
- Something that happens inside your body and mind
- Something you eat or drink

2. Which describes a happy face?

- Eyebrows pulled together, mouth curved down
- Wide eyes, open mouth in an O shape
- A big smile with lifted cheeks

3. What do the eyebrows look like on an angry face?

- Pulled together and pointing downward in the middle
- Raised high up on the forehead
- Completely relaxed and flat

4. A friend's eyes go wide and their mouth opens in an O shape. How do they feel?

- Calm
- Surprised
- Angry

5. Which body clue tells you someone might be scared?

- Relaxed shoulders and a gentle smile
- Eyebrows pulled together, face looks hot
- Wide eyes and tense, raised shoulders

6. What does a calm face look like?

- Relaxed muscles, soft eyes, maybe a gentle small smile
- Eyes very wide, mouth open
- Brows pulled together, mouth turned down

7. You want to figure out how someone is feeling. What is a good face clue to look at first?

- The color of their hair
- The shape of their mouth — is it up, down, or open?
- The size of their hands

8. Is it okay to feel angry sometimes?

- No — we should only ever feel happy
- Only if someone made us angry first
- Yes — every feeling is okay to have

9. You are feeling sad. What is the best thing to say?

- "I feel sad right now."
- Say nothing and walk away
- Shout until someone notices

10. Why is it useful to recognize feelings on other people's faces?

- So we can copy exactly what they are doing
- So we can understand how they feel and respond kindly
- So we can win at games more easily

“Flip the page upside down to see the answer key “

1.b 2.c 3.a 4.b 5.c 6.a 7.b 8.c 9.a 10.b

ASSESSMENT

PARENT / TEACHER CHECKLIST

- Names all six feelings (happy, sad, angry, surprised, scared, calm) correctly when shown each face card.
- Points to the eyebrows, eyes, or mouth and explains what each clue tells them about the feeling shown.
- Uses "I feel ____" in a complete sentence to describe their current emotion without prompting.
- Completes the paper worksheet by drawing a face for each of the six feelings and writing the feeling word below each one.