

FEELINGS WORKSHEET 1

Directions: Every day each of us experience feelings from each of the columns in the Feeling Words Vocabulary.					
List at least one event in each column and the word from that column that best describes your feeling.					
Day	Happy	Sad	Angry	Scared	Confused
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
What patterns do you see?					