



Exploring my emotions

Can you name your emotions?

Write the names of these emotions.





Can you recognize your emotions?

Read and answer about you.

How do you feel when it is your birthday?

How do you feel when you fail a test?

How do you feel when it rains?

How do you feel when someone hugs you?

How do you feel when you have a nightmare?

Can you express and explain your emotions?

Think how you feel at this moment and draw it. Then explain why you feel this way.


