

Emotions worksheet

We all have different feelings throughout the day. They might include joy, sadness, anger or even anxiety.



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Think about what feelings you have felt today and write them in the space below?

Pick one of your feelings and think carefully about what it might look like.

You might want to think about:

- What colour it is
- How big or small it is
- What expressions it might have. For example, is it smiling, nervous, or does it look grumpy?

Think about an expression that matches the feeling you've chosen.

