

CLB 3-4 SKILL BUILDING – WORD WORK A


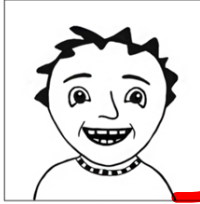
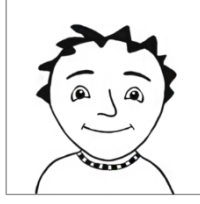





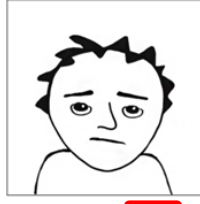

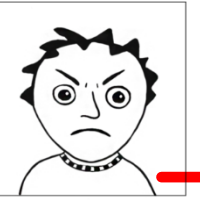
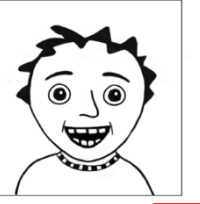
NAME THAT FEELING - PICTURE MATCH A – ANSWER KEY

Naming and sharing feelings is an important part of good mental health. There are more than 2,000 words for feelings in the English language. Using different words for feelings helps to tell others about how we feel.

How many feeling words do you know? _____

lonely	scared	sleepy	angry
relaxed	excited	stressed	cheerful
sad	happy	tired	worried

Match the feeling words with the feeling faces below.

 <i>relaxed</i>	 <i>happy</i>	 <i>cheerful</i>	 <i>tired</i>
 <i>sleepy</i>	 <i>worried</i>	 <i>stressed</i>	 <i>sad</i>
 <i>lonely</i>	 <i>scared</i>	 <i>angry</i>	 <i>excited</i>

How do you feel today?

Today I feel _____, _____ and _____.

**BY YOURSELF,
ALONE ALL THE
TIME**

CLB 3-4 SKILL BUILDING – WORD WORK B


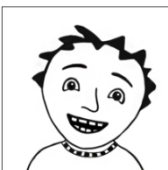

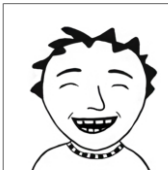

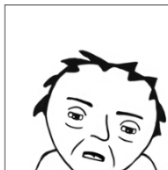






NAME THAT FEELING: PICTURE MATCH B- ANSWER KEY

Naming and sharing feelings is an important part of good mental health. There are more than 2,000 words for feelings in the English language. Using different words for feelings helps to tell others about how we feel.

How many feeling words do you know? _____

calm	nervous	bored	disappointed
exhausted	surprised	loving	proud
joyful	hopeful	grateful	anxious

Match the feeling words with the feeling faces below.

 <i>calm</i> +	 <i>grateful</i> +	 <i>hopeful</i> +	 <i>joyful</i> +
 <i>bored</i> -	 <i>exhausted</i> -	 <i>anxious</i> -	 <i>nervous</i> -
 <i>disappointed</i> -	 <i>surprised</i> +	 <i>proud</i> +	 <i>loving</i> +

How do you feel today?

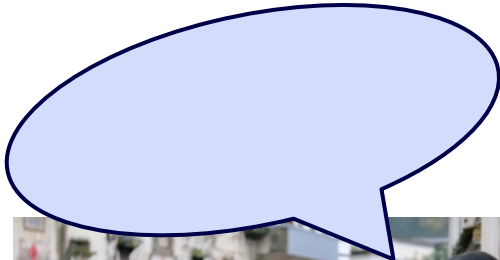
Today I feel _____, _____ and _____.

CLB 3-4 - SKILL BUILDING – INTRODUCTION – CONCEPT CHECK

TALKING ABOUT FEELINGS –HOW DO THEY FEEL?

Think about the words you know to talk about feelings. Look at the pictures below.

How does the person feel? Write feeling words in the speech bubbles.



What clues do their **faces and body language** tell you about their feelings?

CLB 3-4 SKILL BUILDING – WORD WORK E

TALKING ABOUT FEELINGS: MIXED FEELINGS-PLEASANT/UNPLEASANT

Feelings are the words we use to talk about our emotions. Our emotions change in different situations. Some feelings can be **pleasant**, and other feelings can be **unpleasant**.

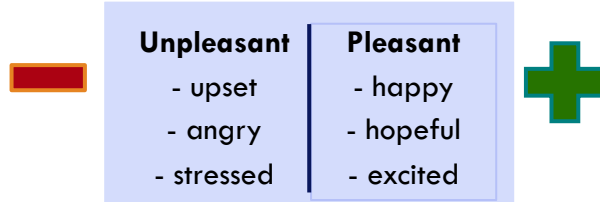
*When I have too much work,
I feel stressed.*

*This is an **unpleasant** feeling.*



*When I talk to my friends,
I feel happy.*

*This is a **pleasant** feeling*



Look at the list of feeling words below. Sort the words into two different groups.

joyful	tired	exhausted	stressed	worried	hopeful	disappointed
sleepy	upset	nervous	scared	sad	calm	lonely
relaxed	happy	cheerful	bored	anxious	excited	proud

UNPLEASANT	PLEASANT