

1. I am lying down,
listening to my
favorite song.
Everything is
peaceful and quiet.

I feel...

2. I just finished all of
my work for the day.

I feel...

3. My mom just gave
me the best birthday
present!

I feel...

4. The teacher is
talking about
Japanese culture. I
have always wanted
to learn more about
this subject.

I feel...

5. My class just won
a pizza party for
selling the most
tickets!

I feel...

6. I did not know
that my brother was
coming to my recital!

I feel...

7. I do not
understand this job
assignment at all.

I feel...

8. My friend has not
called me back all
day. He should have
arrived home by
now.

I feel...

9. I have to give a presentation in front of the entire class. My hands are shaking.

I feel...

10. I just heard a loud noise outside my window!

I feel...

11. I woke up late this morning and forgot my phone and my lunch.

I feel...

12. I have been listening to the teacher's lecture for 2 hours.

I feel...

13. My mom and I got in a big fight and now I cannot go to the movies after school.

I feel...

14. That guy keeps bumping into me in the hallway and he makes really rude comments.

I feel...

15. This bathroom is really dirty and I don't want to touch anything in here.

I feel...

16. I made a D on the test, but I studied so hard.

I feel...

17. Leslie and I were supposed to go to the mall together, but she went with Susan instead.

I feel...

18. My dog Max died last week.

I feel...

19. I don't want to get out of bed or do anything at all.

I feel...

I feel...

I feel...

I feel...

I feel...

I feel...

Answer key:

Remember that some scenarios may match more than one emotion!

1. Calm - I am lying down, listening to my favorite song. Everything is peaceful and quiet. I feel.....
2. Relaxed - I just finished all of my work for the day. I feel
3. Happy - My mom just gave me the best birthday present! I feel
4. Interested – The teacher is talking about Japanese culture. I have always wanted to learn more about this subject.
5. Excited – My class just won a pizza party for selling the most tickets! I feel
6. Surprised – I did not know that my brother was coming to my recital! I feel
7. Confused – I do not understand this job assignment at all. I feel
8. Concerned – My friend has not called me back all day. He should have arrived home by now. I feel
9. Nervous – I have to give a presentation in front of the entire class. My hands are shaking. I feel
10. Afraid –I just heard a loud noise outside my window! I feel
11. Cranky – I woke up late this morning and forgot my phone and my lunch. I feel
12. Bored – I have been listening to the teacher’s lecture for 2 hours. I feel
13. Upset – My mom and I got in a big fight and now I cannot go to the movies after school. I feel
14. Angry –That guy keeps bumping into me in the hallway and he makes really rude comments. I feel
15. Disgusted – This bathroom is really dirty and I don’t want to touch anything in here. I feel....
16. Disappointed – I made a D on the test, but I studied so hard. I feel
17. Hurt – Leslie and I were supposed to go to the mall together, but she went with Susan instead. I feel
18. Sad – My dog Max died last week. I feel
19. Depressed – I don’t want to get out of bed or do anything at all. I feel