

Identifying Emotions Worksheets

Name: _____ Date: _____

Direction: These are a great way to help children understand the different emotions they may feel in various situations.

Study each face. Write 3 words to describe how each is feeling.

calm

worried

anxious

unhappy

troubled

mad

playful

excited

irritated

frustrated

silly

confused

annoyed

scared

furious

upset

happy

content

joyful

excited

goofy

puzzled

glad

cheerful

afraid

disappointed

relaxed

concerned

surprised

threatened

















Identifying Emotions Worksheets

Name: _____ Date: _____

ANSWER KEY



ANSWERS MAY VARY

happy
joyful
cheerful

concerned
unhappy
frustrated

scared
afraid
threatened

mad
troubled
irritated

annoyed
irritated
disappointed

excited
glad
content

surprised
confused
anxious

silly
playful
goofy