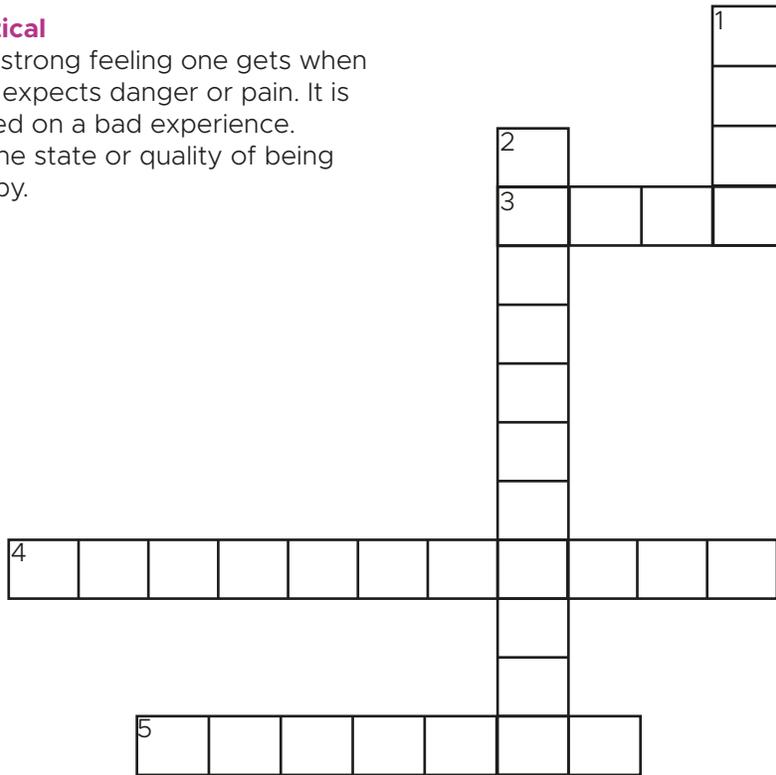


Feelings and emotions

Complete the following cross word about feelings and emotions. Take a look at the definitions that are around the squares.

Vertical

- 1. A strong feeling one gets when one expects danger or pain. It is based on a bad experience.
- 2. The state or quality of being happy.



Horizontal

- 3. strong resentment, a strong feeling of displeasure.
- 4. When you feel you are alone, that no one is around.
- 5. Feeling or showing sorrow or unhappiness I'm sad that you're leaving.

Family time!

What daily life situations make you feel SAD? Think about 5 of these feelings and draw the situations that make you feel that way. Be ready to share with your classmates! Do this activity with your family and reflect on how to understand emotions and feelings.

| SAD | HAPPY | DISGUSTED | CONFIDENT | ANGRY |
|-----|-------|-----------|-----------|-------|
| | | | | |

