

Face Your Feelings

There are 43 muscles in your face! These muscles tense and relax in many ways that express feelings.

Some experts say it takes 17 muscles to smile and 43 to frown. So, save your energy and smile!

Draw a line from each word to the face that best matches that particular feeling.

How many different feelings do you have? You probably feel a lot of different things every day.

Being able to name your feelings and talk about them with caring adults and friends is part of growing up and being comfortable with your feelings.

Here is a list of words that name feelings. Put a check next to the ones you have felt at one time or another.

- Brave
- Cheerful
- Confused
- Curious
- Disappointed
- Embarrassed
- Excited
- Ignored
- Impatient
- Important
- Interested
- Jealous
- Lonely
- Angry
- Bored
- Surprised
- Proud
- Frustrated
- Silly
- Worried
- Safe
- Loving
- Calm
- Nervous

Can you think of a few more words for feelings?



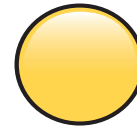
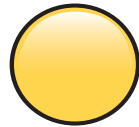
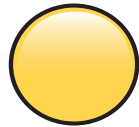
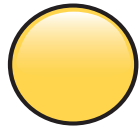
Using the emojis at left, draw how you would feel in each situation.

Your teacher announces that today is the day for a big test. But you forgot to study.

You receive a phone call from your favorite relative telling you they are coming for a visit.

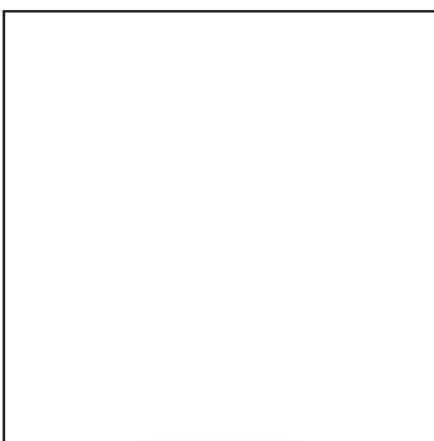
You finish a really cool art project and then accidentally spill a whole jar of paint all over it.

You've looked all over for your favorite book and can't find it. Then one day, you find it under your bed.



How are you feeling today?

Draw a picture below that shows how you are feeling right now.



Remember: We all feel sad, upset, afraid and angry at times. The good news is that feeling bad doesn't last forever!

I feel really angry!

I feel very sad.

I feel jealous!

Dealing With Your Feelings

We all have feelings. They don't go away. The good ones we like to keep around. But what should we do with the feelings that make us feel bad? Here are some suggestions. Use a green crayon to circle the things you would do.



Use your words instead of actions. Talk about what you are feeling instead of throwing something.

Describe what you are feeling.

Walk away from what is making you upset.

Tell a grown up.

Read a funny book.

Take a deep breath.

Get some exercise.

Extra! Extra!

Photo Feelings

Find and cut out three pictures of people in today's newspaper. Glue the pictures onto a piece of paper and then write one or more words to describe how you think the person or people in the photograph are feeling.

Standards Link: Writing: Write sentences using descriptive details.

Kid Scoop Puzzler

Body Talk

Our bodies can tell a lot about how we are feeling. Look at each of the people below. Can you match each feeling?

CONFUSED

ANGRY



FRIGHTENED

HAPPY

Kid Scoop Word Search

SURPRISED
DISGUSTED
IMPATIENT
FEELINGS
WORRIED
LOVING
SCARED
BORED
BRAVE
PROUD
THINK
WALK
FELT
SAD

Find the words by looking up, down, backwards, forwards, sideways and diagonally.

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T D E S I R P R U S
N I V G A T G O C G
E S A N E D H A N W
I G R I O R R I O A
T U B L B E V R N L
A S D E D O R O F K
P T E E L I R E U L
M E I F E L T E N S
I D G D U O R P D S
```

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

Kid Scoop VOCABULARY BUILDERS

This week's word: EXPRESS

When **express** is used as a verb it means to show, demonstrate or reveal.

Jason **expressed** satisfaction with his award-winning science project.

Try to use the word **express** in a sentence today when talking with your friends and family.

FROM THE Kid Scoop LESSON LIBRARY

Planet Points of View

Look through the newspaper or the newspaper's website for ten words that describe feelings. Cut these out and glue them onto a sheet of paper in alphabetical order.

Standards Link: Research: Use the newspaper to locate information.

Why don't sharks ever eat clowns?

ANSWER: They taste funny.

Write On!

Getting Through Sad Times

What do you do when you are sad? What helps you to cheer up? Write about it and compare your ideas with a friend's ideas.

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