

Name What I Feel

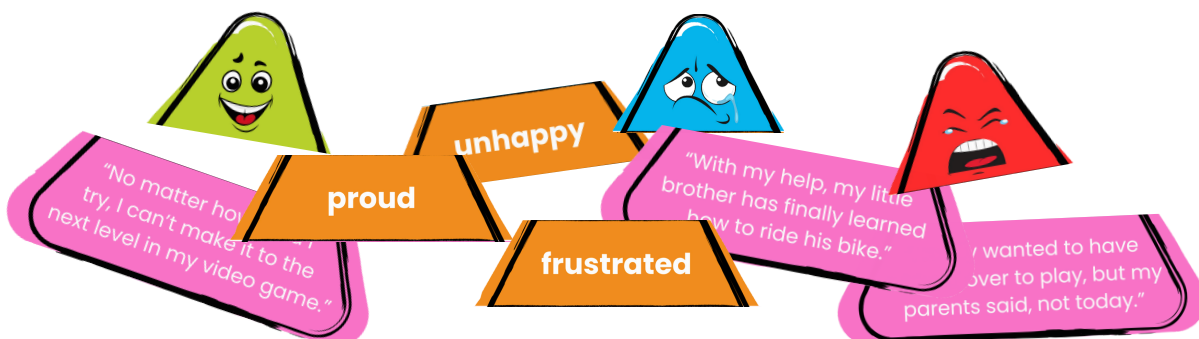
Emotions Puzzle

Preparing the Puzzle

- Print the following pages, preferably in color, on card stock. You may wish to laminate these pages if you plan to re-use them.
- You may wish to make multiple copies of the final page for students to create their own puzzle pieces.
- Print one puzzle for multiple children to work on collaboratively, or print multiple sets to be used as partners, small groups, or individually.
- Cut out the Emotion Triangles on each page.
- Cut each Emotion Triangle into three sections, cutting along the lines, as shown below.

How to Play

- Mix up the puzzle pieces.
- Have children try to recreate each triangle, matching a facial expression, with a feeling word, and then with a thought that could explain that feeling.



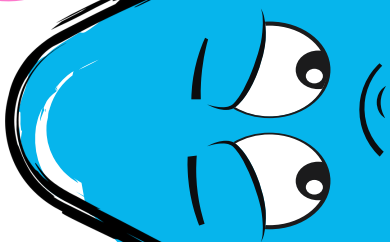


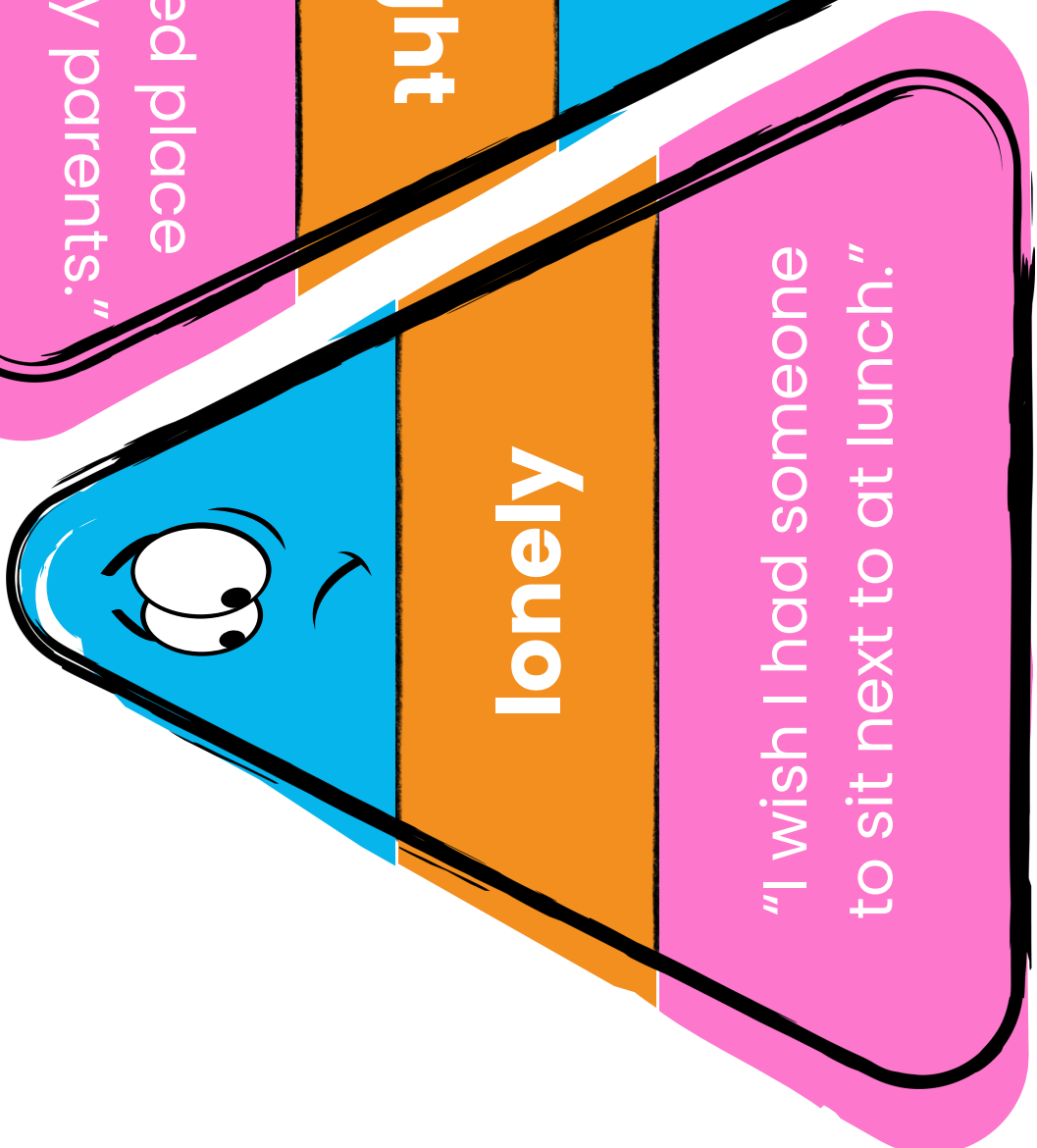
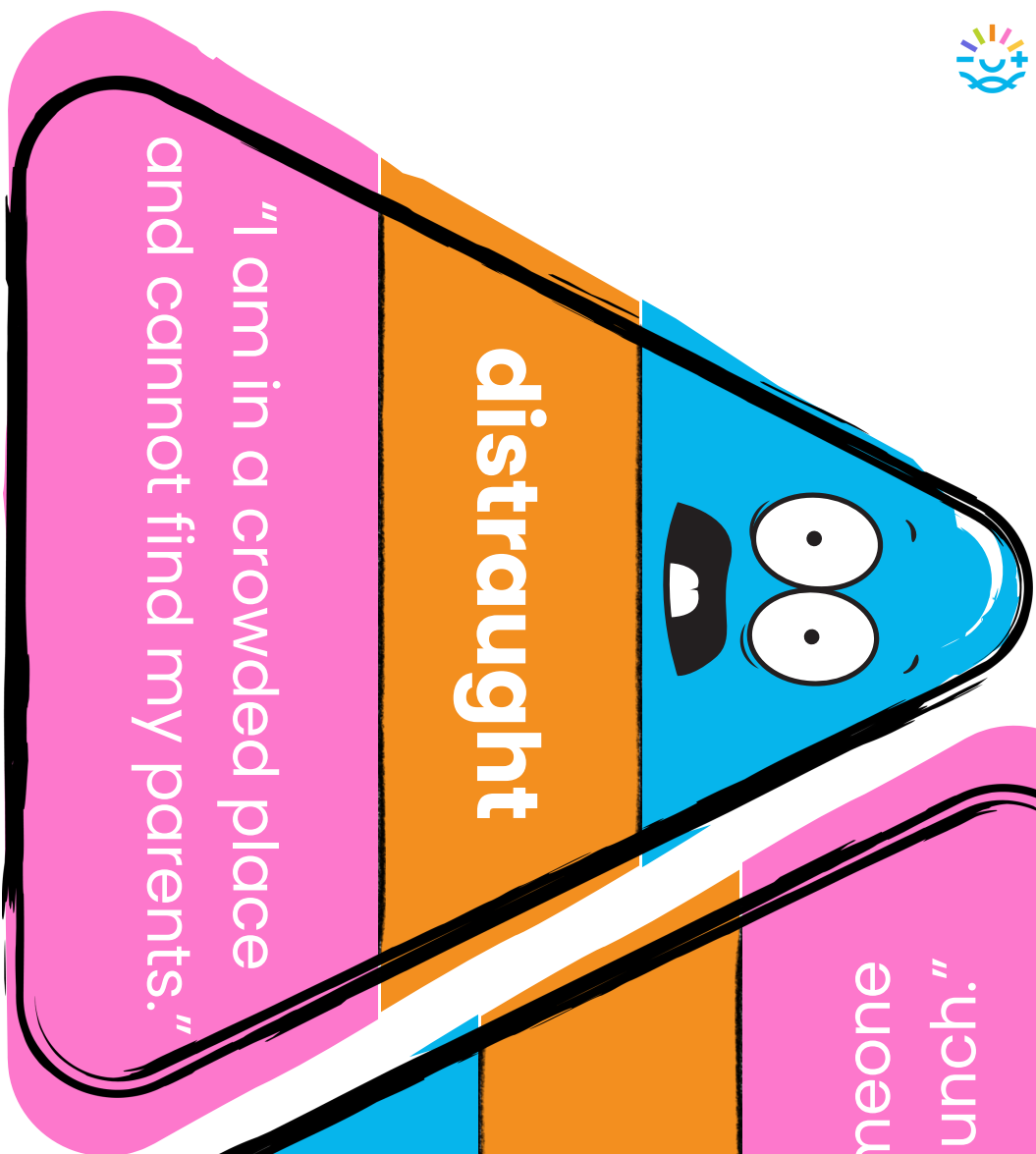
unhappy

"I really wanted to have a friend over to play, but my parents said, not today."

disappointed

"My baseball game was cancelled because of the rain, and I was excited to play."







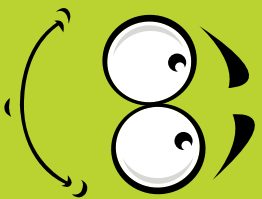
grateful

"I am lucky to have
the best teacher in the
whole school."



proud

"With my help, my little
brother has finally learned
how to ride his bike."



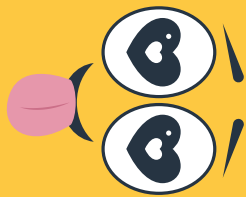
inspired

“Watching the older dancers makes me want to keep practicing so I can be just like them.”



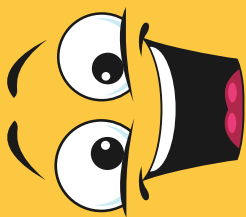
safe

“I sleep soundly at night knowing my parents are close by.”



loving

"I like to give hugs to my friends to let them know that they are special to me."



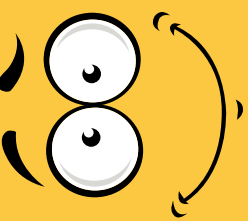
ecstatic

"I can't believe we get to go to the amusement park today - it's going to be so much fun!"




peaceful

"It is so calming to
hear the sound of the rain
falling outside."



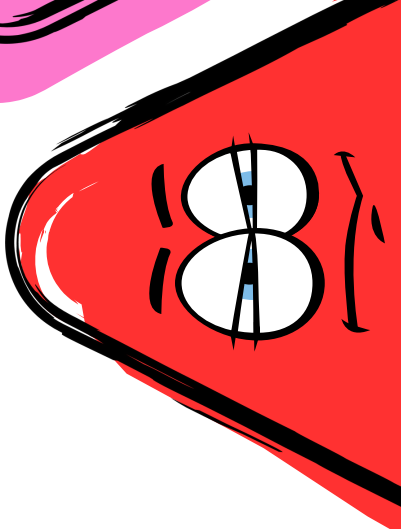
confident

"I studied hard for my
spelling test, and I know
that I will do well."



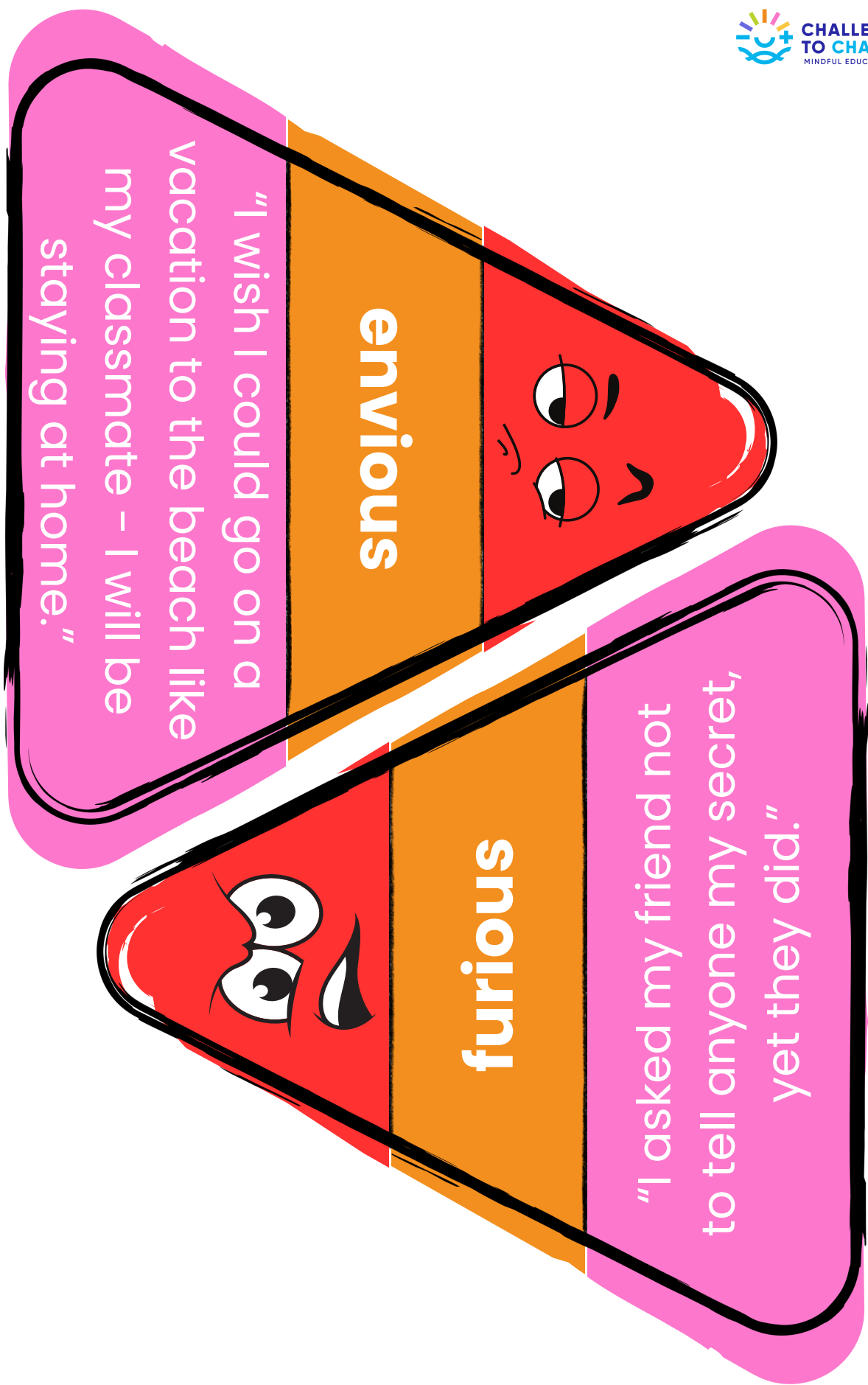
frustrated

“No matter how hard I try, I can’t make it to the next level in my video game.”



irritated

“My sister keeps taking toys out of my room without asking me.”



"I wish I could go on a vacation to the beach like my classmate - I will be staying at home."

envious

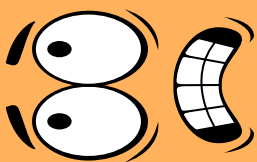
furious

"I asked my friend not to tell anyone my secret, yet they did."



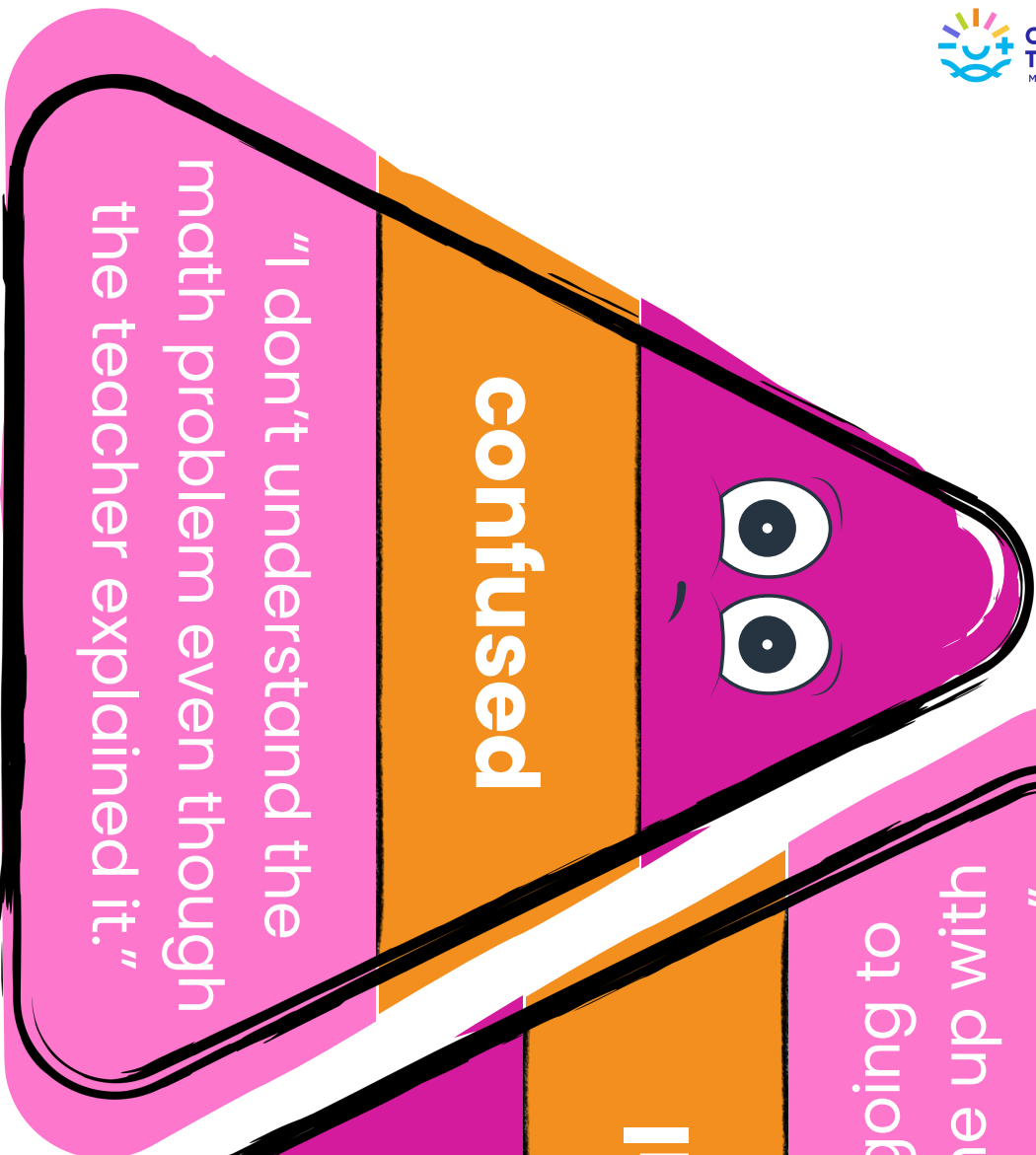
shy

"I don't raise my hand
in class because I don't
like all of the attention on me."



nervous

"What if I forget my lines
during the school play and
everyone laughs at me?"



Create Your Own

Draw a facial
expression that
relates to a feeling

Name the
feeling

Write a thought
that might cause
this feeling

