Get the feeling?

1. Select a feeling from this list:

Affectionate, afraid, annoyed, angry, bored, brave, calm, caring, cheerful, confused, comfortable, confident, cranky, curious, disappointed, disgusted, embarrassed, excited, fed-up, friendly, frustrated, gentle, generous, guilty, happy, ignored, impatient, interested, jealous, joyful, lonely, loving, overwhelmed, peaceful, proud, relaxed, relieved, sad, satisfied, sensitive, serious, shy, stressed, strong, stubborn, tense, troubled, unafraid, uncomfortable, worried

2. Thinking about this feeling, draw or write your answers to the following questions on your outline of a person:

• What does ‘…….’ mean?
• What makes you feel this way?
• Where in your body do you mainly feel ‘…..’?
• What other things happen to your body when you feel ‘…..’?
• What is another word like ‘…..’?
• What is the opposite of ‘…..’?
• How can you tell if someone else is feeling ‘….’?
• Make a sentence using the word ‘…..’