

How we feel and how we act

Name: _____

Date: _____

Instructions: Read the following situations and identify the feelings and the behaviour for each.

Situation 1:

Sydney was walking home from school and her brother jumped out of the bushes. Sydney jumped back. She had no idea he was hiding there. Her brother started laughing so she hit him with her backpack.

1. How does Sydney feel? (Shade in all that are appropriate)

Happy	Sad	Angry	Scared
Disgusted	Embarrassed	Surprised	Calm

2. How does Sydney act? (what does she do?)

3. Was Sydney's behaviour appropriate? Why?

Situation 2:

When Jane was on the school bus going home, she had to sit beside a boy who was in a grade younger than her. The boy turned to talk to her and sneezed all over her. She told him he was a gross loser.

1. How does Jane feel? (Shade in all that are appropriate)

Happy	Sad	Angry	Scared
Disgusted	Embarrassed	Surprised	Calm

2. How does Jane act? (what does she do?)
