

My Feelings Word Mat

Learning objective: To identify and name a variety of feelings and understand that all emotions are valid.

Key Vocabulary

Use this word mat to help you talk about your feelings. Read the words in each category. You can use these words when writing about how you feel or when explaining your emotions to a friend or teacher.

How do you feel ...	If you are struggl...	Write a sentence ... I felt proud when...
Why is it okay to ...		