FEELING Faces

Changes bring lots of feelings. And every feeling has a word to describe it. Point to the face that shows how you are feeling right now, and tell your mom or dad why you think you are feeling that way. Moms and dads have lots of feelings, too, so ask your mom or dad to do the same.

anxious happy shy playful
worried nervous frustrated
calm disappointed sad outgoing content grumpy

[attach a photo of yourself here]

here I am feeling ______________ because ____________________

Major support provided by: Sesamestreet.org/veterans