

Feelings Reading Worksheet - Easy

NAME: _____

MY FEELINGS

These are my feelings.

I feel happy.

I feel sad.

I feel angry.

I feel scared.



A. Read the text. Circle the correct answer

1. I feel **happy** / cold.
2. I feel **sad** / tall.
3. I feel **angry** / blue.



B. True or False

1. I feel happy True False
2. I feel cold True False
3. I have feelings True False

C. Match the feelings words to the pictures

1. Happy
2. Sad
3. Angry



Feelings Reading Worksheet - Easy

Answer Key

A: happy / sad / angry

B: True / False / True

C: 1. Happy

2. Sad

3. Angry



Feelings Reading Worksheet - Tricky



NAME: _____

HOW I FEEL

I have different feelings every day.

Sometimes I feel happy and
excited.

Sometimes I feel sad or angry.

When I am scared, I ask for help.

My feelings are important.



A. Read the text. Circle the correct answer

1. I have different feelings **every day / at night.**
2. When I am scared, I **ask for help / run away.**
3. My feelings are **important / colours.**

B. True or False

1. I have different feelings every day True False
2. I feel happy all the time True False
3. My feelings are important True False

C. Match the feelings words to the pictures

1. Happy
2. Sad
3. Scared



Feelings Reading Worksheet - Tricky

Answer Key

A: every day / ask for help / important

B: True / False / True

C: 1. Happy

2. Sad

3. Scared





NAME:

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TALKING ABOUT MY FEELINGS

I feel different emotions in different situations.

I feel happy when I play with my friends.

I feel sad when I miss someone.

I feel angry when something is not fair.

When I feel scared, I talk to an adult.

My feelings help me understand myself.



A. Read the text. Circle the correct answer

- When do I feel happy? **when I play with my friends / when I am asleep**
- When do I feel angry? **When something is not fair / when I eat.**
- What do I do when I feel scared? **Talk to an adult / hide.**

B. True or False

- I am happy when I play with friends True False
- I feel angry when everything is fair True False
- My feelings help me understand myself True False



C. Match the feelings words to the pictures

- Happy
- Sad
- Scared



Feelings Reading Worksheet - Challenge

Answer Key

A: play with my friends / when something is not fair / talk to an adult

B: True / False / True

C: 1. Happy



2. Sad



3. Scared

