



8-9 YEARS | WEEK 06

Values & Life Skills - Feelings & Emotions

1. Design your moods

11. Name the feeling

2. How do I feel

12. Mindful or unmindful

3. Thermometer of feelings

13. True or false

4. Draw happiness

14. Problem solving

5. How others feel

15. Rules and responsibilities

6. Pictionary

16. Punctuality

7. Vocabulary of emotions

17. People care about me

8. Expressions - Fill it!

18. Review time

9. Feelings

19. It's good to be polite

10. Unscramble

20. Happy words

Design your moods



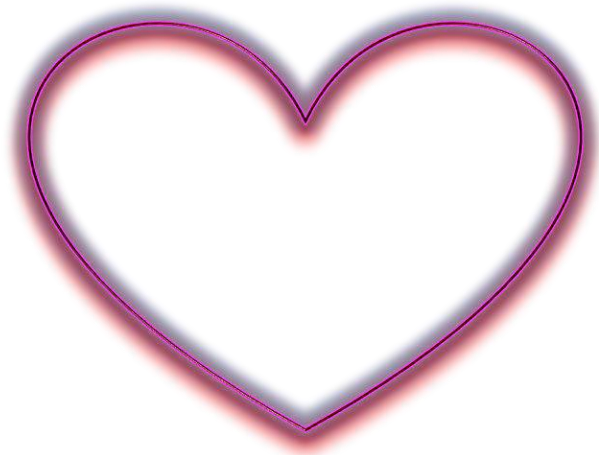
Design your emojis for the moods given below. One has been completed for you.



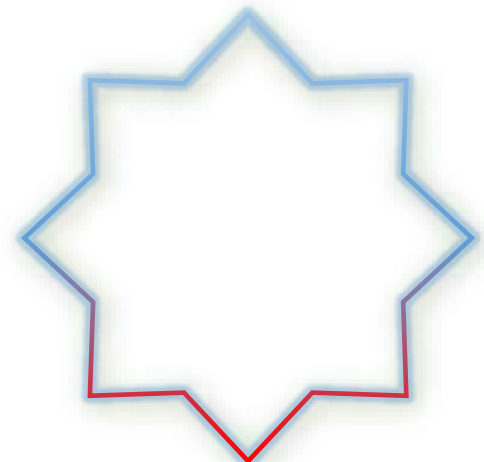
grumpy



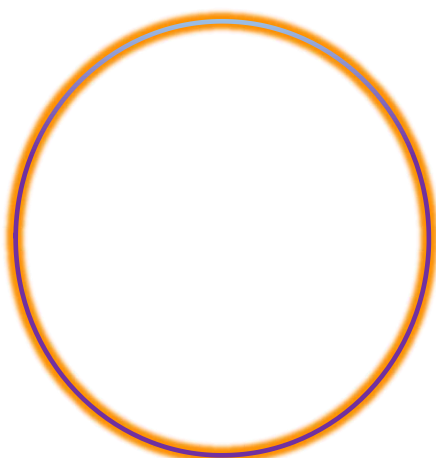
afraid



caring



elated



lovable



calm

How do I feel



Let's think how you felt over the week.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



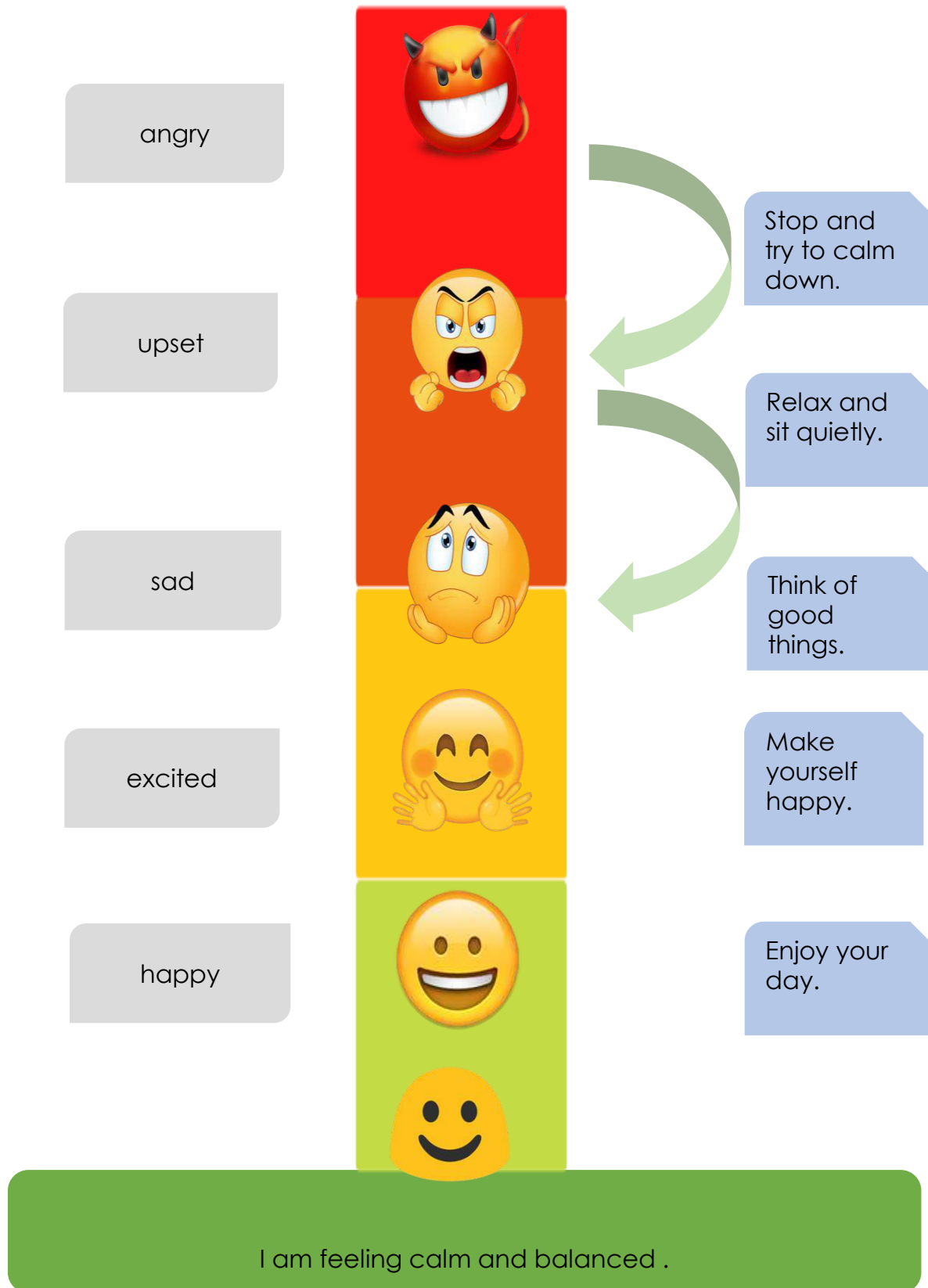
The best things about the week.



Thermometer of feelings



Record your feelings with the help of the thermometer given below and try to calm down.



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