



11-12 YEARS | WEEK 44

ValuesLifeSkills-Feelings&Emotions

1.Design your moods

2.Crossword

3.How did I feel today?

4.Mood metre graph

5.Unscramble

6.Identify your feelings

7.Q&As

8.The art of expressing emotions

9.My emotions dictionary

10.Glossary

11.Things that make me happy

12.2-minute talk

13.Write up

14.The art of expressing emotions

15.Crossword

16.1-minute talk

17.Cootie catcher

18.Role play!

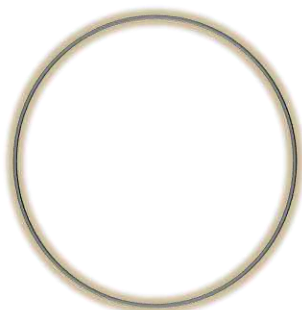
19.Write up

20.Odd one out

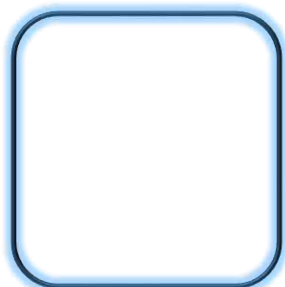
Design your moods



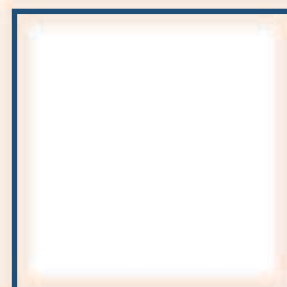
Design your emojis with different moods and situations. One has been completed for you.



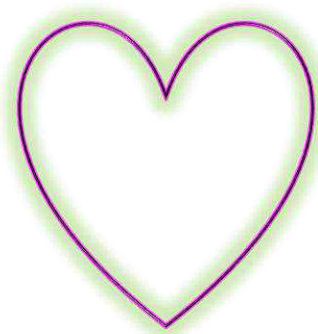
contented



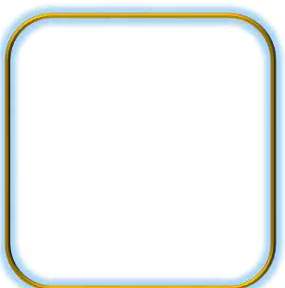
panicked



annoyed



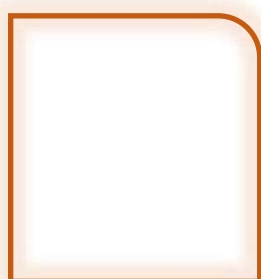
joyful



missed school bus



got a surprise gift



won bronze medal



upset

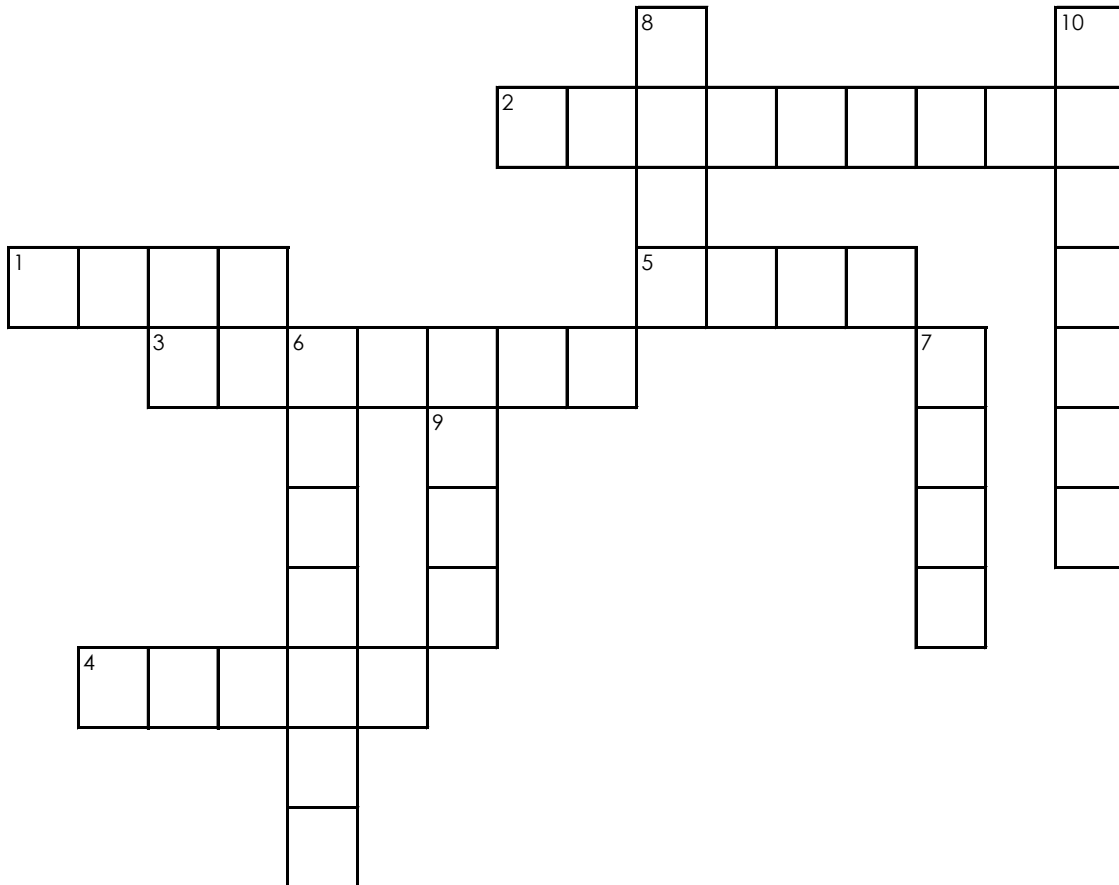


silly

Crossword



Emotions are part of our life. They make us understand ourselves. Read the clues and fill the blocks in the given number and direction.



Across

- 1 A positive feeling when someone gives you a hug.
- 2 An emotion when you receive what you wanted for long.
- 3 When you achieve your goals.
- 4 When you meet your friends.
- 5 Feeling for a sibling.

Down

- 6 An uncomfortable feeling when someone gives you an unwanted hug.
- 7 A feeling when you do not get what you wanted.
- 8 When you do not achieve your goals.
- 9 When you do not meet your friends.
- 10 When you fight with your sibling.

How did I feel today?



Use the list of words to describe how you felt today. You can use as many words as you like.

happy

angry

cheerful

annoyed

delighted

	Morning	Afternoon	Evening
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

furious

satisfied

mean

relaxed

irritated

loved

disgusted

proud

grumpy

sad

anxious

awful

confused

discouraged

scared

gloomy

responsible

withdrawn

curious

ashamed

worried

hurt

jealous

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