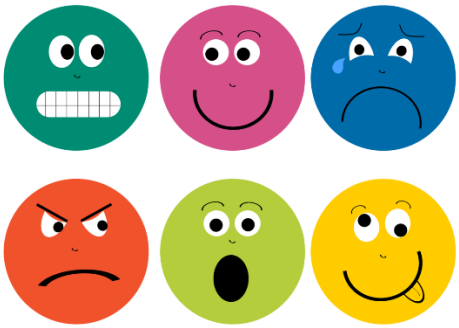
ENGLISH LANGUAGE ARTS ACTIVITY SHEET
Writing about our Feelings
Standard 2



Our emotions are the way we feel. Most times we can tell how people feel by the expressions on their faces and by the things they do. In this lesson, we will use verbs and adjectives to talk about our feelings.

Here is a bank of useful adjectives that describe emotions. Some spaces are left for you to add some more words as you learn them.

Emotion Words Bank

			
Happy	**Sad**	**Angry**	**Afraid**
Glad	Sorrowful	Mad	Frightened
Joyful	Unhappy	Furious	Scared
Add your own below:			

ENGLISH LANGUAGE ARTS ACTIVITY SHEET
Writing about our Feelings
Standard 2

Activity 1: Showing Feelings through Actions

In the poem below, the writer discusses what she does when she is feeling different emotions. Read it carefully.

My Feelings

When I'm happy, I smile, I dance and I sing
I feel like I'm soaring on a mighty bird's wings.

When I'm sad, I am quiet,
Don't ask me to speak,
A tear might escape and run down my round cheeks.

When I'm angry – look out
I yell and I scream
If you looked very carefully,
You just might see steam!

When I am afraid, my throat gets so dry,
It feels like a desert in the middle of July.

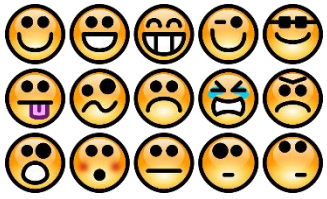
My feelings are many, I know this is true.
How do these feelings show up for you?

G. P. (2020)

Complete the following statements about how the poet shows feelings. Make sure your subjects and verbs agree.

1. When the poet is happy, she _____, _____ and _____.
2. When the poet is sad, she is _____ and sometimes she c__ __ __ s.
3. When the poet is angry, she _____ and _____.
4. When the poet is afraid, her throat _____ dry.

ENGLISH LANGUAGE ARTS ACTIVITY SHEET
Writing about our Feelings
Standard 2
Activity 2: How do Your Feelings Show?



In Activity 2, you explored a poem that describes someone's feelings. In the last line of the poem, the poet asks, "How do your feelings show up for you?" In other words, what you do when you are happy, sad, angry and afraid? Write your responses in the boxes below. When you are finished, read what you wrote aloud to yourself and others.



When I am happy, I

_____

_____.



When I am sad, I

_____

_____.



When I am angry, I

_____

_____.



When I am afraid, I

_____

_____.

ENGLISH LANGUAGE ARTS ACTIVITY SHEET
Writing about our Feelings
Standard 2

More Emotions!

Here are some more emotion words that you may or may not know. Remember to read them aloud.

			
Bored	**Excited**	**Cranky**	**Inspired**

Let us discuss the meanings of the words that are **bold** on this page. As you read the definitions, think about the times you may have felt this way.

1. '**Bored'** means that you are not interested in what you are doing, or you feel like you have nothing to do.

2. '**Excited'**, means that you are very, very happy about something or very, very interested in something. Some people feel excited when they get to do something they enjoy or try something new.

3. '**Cranky'** means that you are in a bad mood. Some people feel cranky if the weather is too warm or if someone does something they do not like.

4. '**Inspired'** means feeling excited to do or create something. Some people feel inspired to write songs, draw or even play outside.

ENGLISH LANGUAGE ARTS ACTIVITY SHEET
Writing about our Feelings
Standard 2

Activity 3: Complete the Paragraph



Bored



Excited

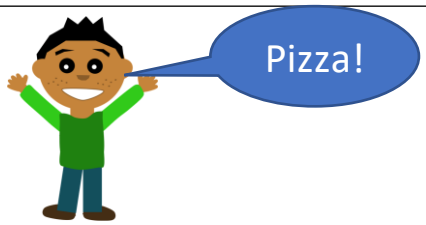


Cranky



Inspired

The following is a story about Jovan's changing feelings during a day. Use the appropriate words from above to complete the story.



When Jovan awoke that morning, he was in a very _____ mood. Although it was early, the wicked sun was making him sweat. As the day continued, he started to feel a bit _____ because there was nothing to do.

Suddenly, the smell of home-made pizza tickled his nose. This made him very _____. He loved pizza so much! After lunch, he saw his red bicycle lying on the grass and now that he was full, he felt _____ to ride around his yard for at least half an hour.



Remember to read this paragraph aloud to yourself and to someone you know.

ENGLISH LANGUAGE ARTS ACTIVITY SHEET
Writing about our Feelings
Standard 2
Activity 4: How Did You Feel Yesterday?



Think about how you felt yesterday. Fill the blanks with the appropriate words. The words can be from the banks you created before or other words you know.

When I woke up yesterday, I was in a _____ mood because _____ _____.

Later in the day I felt _____ because _____.

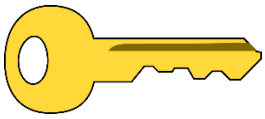
When I went to bed, I told myself, "_____ _____".

I think yesterday was a _____ day!



When you are finished, read your paragraph aloud to yourself and to someone you know.

ENGLISH LANGUAGE ARTS ACTIVITY SHEET
Writing about our Feelings
Standard 2
Answer Key



Activity 1: Showing feelings through actions

1. When the poet is happy, she smiles, dances and sings.
2. When the poet is sad, she is quiet and sometimes she cries.
3. When the poet is angry, she yells and screams.
4. When the poet is afraid, her throat gets/feels dry.

Activity 2: How do your feelings show?

Answers will vary

Activity 3: Complete the Paragraph

When Jovan awoke that morning, he was in a very cranky mood. Although it was early, the wicked sun was making him sweat. As the day continued, he started to feel a bit bored because there was nothing to do.

Suddenly, the smell of home-made pizza tickled his nose. This made him very excited. He loved pizza so much! After lunch, he saw his red bicycle lying on the grass and now that he was full, he felt inspired to ride around his yard for at least half an hour.

Activity 4: How did you feel yesterday?
Answers will vary