

Emotions A-Z

Can you think of ‘feelings / emotion’ words that begin with each letter of the alphabet.
Complete independently, as a class to create a display, or split into 4 groups - A-F, G-M, N-S, T-Z.



A	B	C	D	E	F	G
						
H	I	J	K	L	M	N
						
O	P	Q	R	S	T	U
V Emotion words containing v	Y	X Emotion words containing x	Y Emotion words containing y	Z Emotion words containing z		

Learning to notice and name your feelings is great for brain development and mental wellbeing!
One the back of your sheet draw your own ‘room of rectangles.’ Remember short breath in, loooooong breath out...