

1. I am lying down,
listening to my
favorite song.
Everything is
peaceful and quiet.

I feel...

2. I just finished all
of my work for the
day.

I feel...

3. My mom just gave
me the best birthday
present!

I feel...

4. The teacher is
talking about
Japanese culture. I
have always wanted
to learn more about
this subject.

I feel...

5. My class just won
a pizza party for
selling the most
tickets!

I feel...

6. Today, I get to rest
at home all day and
read my favorite
books.

I feel...

7. I went swimming
and then ate a really
delicious meal.

I feel...

8. I have not seen
Michael for 18
months, and he just
came home from
Iraq.

I feel...

9. I cannot believe
how fast those
leopards can run!

I feel...

10. We just won a
trip to Disney World
and we leave
tomorrow!

I feel...

11. I read about
trains all the time
and that's all I want
to talk about.

I feel...

12. I did not know
that my brother was
coming to my recital!

I feel...

13. I do not
understand this job
assignment at all.

I feel...

14. My friend has
not called me back
all day. He should
have arrived home
by now.

I feel...

15. I have to give a
presentation in front
of the entire class.
My hands are
shaking.

I feel...

16. I just heard a
loud noise outside
my window!

I feel...

17. The fire alarm just went off and I was not expecting it.

I feel...

18. I am not looking forward to going to the dentist tomorrow.

I feel...

19. I don't know when my mom will be home, and she is supposed to take me to the bookstore. I have been waiting all afternoon.

I feel...

20. That magician just disappeared from the stage!

I feel...

21. That huge spider just jumped right onto my shoulder!

I feel...

22. I just accidentally deleted all of my favorite games from the computer.

I feel...

23. I woke up late this morning and forgot my phone and my lunch.

I feel...

24. I have been listening to the teacher's lecture for 2 hours.

I feel...

25. My mom and I got in a big fight and now I cannot go to the movies after school.

I feel...

26. That guy keeps bumping into me in the hallway and he makes really rude comments.

I feel...

27. This bathroom is really dirty and I don't want to touch anything in here.

I feel...

28. I am not getting any work done because the phone keeps ringing.

I feel...

29. Would you please stop bugging me every five seconds, I am trying to get my homework done!

I feel...

30. How did you read that 800 page book in one day?

I feel...

31. I told you not to mess with my stuff. Now get out!

I feel...

32. Whatever...I could care less about that basketball game.

I feel...

33. I have been dealing with those people at work for years. They are all stupid and boring.

I feel...

34. I made a D on the test, but I studied so hard.

I feel...

35. Leslie and I were supposed to go to the mall together, but she went with Susan instead.

I feel...

36. My dog Max died last week.

I feel...

37. I don't want to get out of bed or do anything at all.

I feel...

38. My grandfather passed away.

I feel...

39. Things are never going to change and nothing is going right in my life.

I feel...

I feel...

Answer key:

Remember that some scenarios may match more than one emotion!

1. Calm - I am lying down, listening to my favorite song. Everything is peaceful and quiet. I feel.....
2. Relaxed - I just finished all of my work for the day. I feel
3. Happy - My mom just gave me the best birthday present! I feel
4. Interested - The teacher is talking about Japanese culture. I have always wanted to learn more about this subject. I feel
5. Excited - My class just won a pizza party for selling the most tickets! I feel
6. Content - Today, I get to rest at home all day and read my favorite books. I feel...
7. Satisfied - I went swimming and then ate a really delicious meal. I feel ...
8. Overjoyed - I have not seen Michael for 18 months, and he just came home from Iraq. I feel
9. Amazed - I cannot believe how fast those leopards can run! I feel
10. Thrilled - We just won a trip to Disney World and we leave tomorrow! I feel....
11. Fixated - I read about trains all the time and that's all I want to talk about. I feel ...
12. Surprised - I did not know that my brother was coming to my recital! I feel
13. Confused - I do not understand this job assignment at all. I feel
14. Concerned - My friend has not called me back all day. He should have arrived home by now. I feel
15. Nervous - I have to give a presentation in front of the entire class. My hands are shaking. I feel
16. Afraid - I just heard a loud noise outside my window! I feel ...
17. Startled - The fire alarm just went off and I was not expecting it. I feel ...
18. Apprehensive - I am not looking forward to going to the dentist tomorrow. I feel ...
19. Anxious - I don't know when my mom will be home, and she is supposed to take me to the bookstore. I have been waiting all afternoon. I feel ...
20. Astonished - That magician just disappeared from the stage! I feel ...
21. Terrified - That huge spider just jumped right onto my shoulder! I feel
22. Frantic - I just accidentally deleted all of my favorite games from the computer. I feel ...
23. Cranky - I woke up late this morning and forgot my phone and my lunch. I feel
24. Bored - I have been listening to the teacher's lecture for 2 hours. I feel
25. Upset - My mom and I got in a big fight and now I cannot go to the movies after school. I feel
26. Angry - That guy keeps bumping into me in the hallway and he makes really rude comments. I feel
27. Disgusted - This bathroom is really dirty and I don't want to touch anything in here. I feel....
28. Distracted - I am not getting any work done because the phone keeps ringing. I feel ...
29. Aggravated - Would you please stop bugging me every five seconds, I am trying to get my homework done! I feel
30. Disbelief - How did you read that 800 page book in one day? I feel....
31. Irate - I told you not to mess with my stuff. Now get out! I feel ...
32. Apathetic - Whatever...I could care less about that basketball game. I feel ...
33. Bitter - I have been dealing with those people at work for years. They are all stupid and boring. I feel ...
34. Disappointed - I made a D on the test, but I studied so hard. I feel
35. Hurt - Leslie and I were supposed to go to the mall together, but she went with Susan instead. I feel
36. Sad - My dog Max died last week. I feel
37. Depressed - I don't want to get out of bed or do anything at all. I feel
38. Grief - My grandfather passed away. I feel ...
39. Despair - Things are never going to change and nothing is going right in my life. I feel