Inside Out Situation/Feeling Matching Worksheet

Draw a line from each situation to the appropriate feeling(s).

You didn't get invited to a birthday party.

Your dad made your favorite meal.

You have a big test at school today.

Your sister yelled at you.

Your brother took your new toy.

You're going to the zoo today.



You hear a strange noise at bedtime.

Your friend wouldn't share their markers.

It's raining.

You fell down and scratched your knee.

You get cake on your birthday.

Your teacher made you redo your work.

Crayons & Compliance