

Emotions Sentence Starters



Complete the Emotion Sentence Starters to notice and name each of the emotions.

| | Intensity of Emotion Felt L = Low, M = Medium, or H = High |
|---------------------------------|---|
| I felt sad when _____. | <input type="radio"/> L <input type="radio"/> M <input type="radio"/> H |
| I felt surprised when _____. | <input type="radio"/> L <input type="radio"/> M <input type="radio"/> H |
| I felt scared when _____. | <input type="radio"/> L <input type="radio"/> M <input type="radio"/> H |
| I felt disappointed when _____. | <input type="radio"/> L <input type="radio"/> M <input type="radio"/> H |
| I felt happy when _____. | <input type="radio"/> L <input type="radio"/> M <input type="radio"/> H |
| I felt mad when _____. | <input type="radio"/> L <input type="radio"/> M <input type="radio"/> H |

Emotions Intensity

Rank the words associated with anger from least to most intense.

1 = Most Intense

6 = Least Intense

_____ Angry

_____ Frustrated

_____ Annoyed

_____ Furious

_____ Calm

_____ Seething

