

1. FEELINGS DETECTIVE



Look at each picture.
Can you guess how each child is feeling?
Draw a circle around the feeling.



Happy



Sad



Angry



Worried



Excited



2. WHAT WOULD YOU FEEL?



Read each picture.

Circle the feeling that matches how Milo might feel.



Happy



Sad



Angry



Worried



Excited

1

Milo opens a surprise birthday present.



Happy



Sad



Angry



Worried

2

Milo forgot his umbrella and it's raining.



Happy



Sad



Worried



Excited

3

Someone took Milo's favorite toy without asking.



Happy



Angry



Excited



Worried

4

Milo is about to ride a big slide for the first time.



Excited



Angry



Sad



Worried

5

A friend shares their snack with Milo.



Happy



Angry



Worried



Sad

6

Milo hears a strange noise before bedtime.



Excited



Happy



Worried



Angry



Talk Together Have you ever felt one of these feelings?

Draw a ★ beside the picture that reminds you of yourself.

3. HOW DO YOU FEEL?



Look at each picture.
How do you think Milo feels?
Write the feeling word from the box.



Happy



Sad



Angry



Worried



Excited

1



I feel _____.

2



I feel _____.

3



I feel _____.

4



I feel _____.

5



I feel _____.

6



I feel _____.



Talk Together Everyone feels different things!
It's okay to feel them all.

Which feeling do you feel
the most today? Draw it here!



4. MATCH THE FEELING



Look at how Milo is feeling.

Draw a line to match Milo with the correct feeling.

1



•

•



Happy

2



•

•



Sad

3



•

•



Worried

4



•

•



Angry

5



•

•



Excited



Talk Together Everyone shows their feelings in different ways.
It's okay to feel all kinds of feelings!

5. FIND THE FEELING!



Milo is having lots of different feelings today!

Look closely at the big picture.

Count how many of each feeling you can find and write the number.



Happy



Sad



Angry



Worried



Excited



Happy



Sad



Angry



Worried



Excited



Talk Together

Which feeling did you find the most?

Which did you find the least? Let's talk about it!

