



Name: \_\_\_\_\_

You're so confused. You feel happy about an upcoming trip to visit your cousin, but you're also feeling a little nervous because this is the first time you've visited your cousin on your own. This is an example of having more than one feeling about one situation. And believe it or not, it's very normal. Just ask an adult!

With an adult family member, read the situations below. Then fill in the blanks with your feelings. You can use the feelings words from the column to the right as suggestions. You'll see that you're not the only one who feels more than one feeling at the same time!

Situations and Responses	Feelings Words
<p>1. Your best friend has invited you over. He/she has also invited over another person that you don't get along with very well.</p>	Excited
<p>You: I feel _____ But I also feel _____</p>	Dread
<p>Adult: I feel _____ But I also feel _____</p>	Happy
<p>2. You're having your favorite meal for dinner tonight. But it uses a lot of pans, so there will be a huge mess in the kitchen that you have to clean up afterward.</p>	Sad
<p>You: I feel _____ But I also feel _____</p>	Joyful
<p>Adult: I feel _____ But I also feel _____</p>	Angry
<p>3. You have just finished up a big project. It took you a very long time, but you are finally done. Now you have to show it to a whole bunch of people tomorrow.</p>	Hopeful
<p>You: I feel _____ But I also feel _____</p>	Frustrated
<p>Adult: I feel _____ But I also feel _____</p>	Relaxed
<p>This homework assignment was completed on _____</p>	Anxious
<p>(DATE)</p>	Confident
<p>(ADULT SIGNATURE)</p>	Confused
<p></p>	Pleased
<p></p>	Irritated
<p></p>	Relieved