

Name \_\_\_\_\_

## Feelings Fighter

You're a **Feelings Fighter** on a mission to level up your **Emotional Awareness Power**. To beat each level, you must unlock the correct emotion behind a real-life challenge. Each "level" presents a social conflict or tricky situation. Your job is to **match it with the emotion it most likely triggers** from the list of feelings.

### How to Play:

- Read the situation for each level.
- Choose the **most likely emotion** it triggers.
- Write the **matching emoji** next to the level.
- Then write **WHY** that emotion fits the situation.



### 🎯 Feeling Options (Use these to match):

🔴 Angry    😞 Sad    😰 Anxious    😡 Frustrated    😳 Embarrassed    😊 Relieved  
😭 Hurt    😕 Confused    😠 Annoyed    😞 Disappointed    😰 Nervous    😞 Lonely

**Level 1: The Ignored Invite :** You asked a group of classmates if you could join them at lunch, and they didn't respond at all. The next day, you saw them sitting together again-without you.

**Emoji Feeling Match:** \_\_\_\_\_ **Why?:**

**Level 2: The Presentation Panic:** You're about to present in front of the whole class. Your heart's pounding, and your hands are sweaty.

**Emoji Feeling Match:** \_\_\_\_\_ **Why?:**

**Level 3: The Group Project Gripe:** You shared your idea for the project, but no one listened. Then someone else said the same idea-and everyone agreed with *them*.

**Emoji Feeling Match:** \_\_\_\_\_ **Why?:**

**Level 4: The Lost Game Invite:** You thought your friend was waiting for you to play the new online game-but when you logged in, you saw they were already playing with someone else.

**Emoji Feeling Match:** \_\_\_\_\_ **Why?:**