

Name \_\_\_\_\_



## Defining Emotions

**Directions:** Read each feeling word and the sentence. Use clues from the sentence to write your own short definition for each emotion. Try to explain what the feeling means in your own words.

1. **Nervous** - Before her turn to speak on stage, Ava's hands felt shaky and her heart beat fast.

**Definition:** \_\_\_\_\_

2. **Proud** - Diego smiled when he saw the ribbon he earned for finishing his science project.

**Definition:** \_\_\_\_\_

3. **Jealous** - When Emma saw her friend get a new bike, she wished it was hers instead.

**Definition:** \_\_\_\_\_

4. **Relieved** - After finding her lost backpack, Zoe took a deep breath and felt calm again.

**Definition:** \_\_\_\_\_

5. **Curious** - Malik asked many questions about how stars are formed in space.

**Definition:** \_\_\_\_\_

6. **Frustrated** - When the puzzle pieces wouldn't fit, Marcus clenched his fists and sighed loudly.

**Definition:** \_\_\_\_\_

7. **Disappointed** - Sara had practiced for the contest but didn't win a prize.

**Definition:** \_\_\_\_\_

8. **Hopeful** - Even after losing one game, the team believed they could win the next one.

**Definition:** \_\_\_\_\_

9. **Confused** - Jason looked at the map and couldn't tell which way to go.

**Definition:** \_\_\_\_\_

10. **Grateful** - After her friend shared lunch, Mia said thank you and smiled warmly.

**Definition:** \_\_\_\_\_