

Friendship Feelings Match

Teacher instructions:

Use the Friendship Feelings Match worksheet to help students think about the kinds of feelings that might result from actions. There are more “Feelings” than “Hurt Moments,” and each moment could have more than one feeling.

When students are finished, ask students which feelings they chose and why for each moment. Normalize the range of emotions that may come with each moment, and that we all respond differently, but all feelings are valid.

Friendship Feelings Match

Draw a line from the “Hurt Moment” list to the “Feeling” list. There might be more than one answer for each moment.

Hurt Moment

Feeling

Your friend leaves you out at recess.

Left out

A friend laughs at something you're proud of.

Embarrassed

You said something that made a friend cry.

Disappointed

Your friend didn't wait for you after lunch like they usually do.

Hurt

A friend makes a new friend and plays with them but not you.

Jealous

You were excited about your drawing, but your friend ignored you.

Lonely

Sad

You let your friend play with your toy and they broke it.

Angry