



It's good to learn about different strengths of feelings we can feel a small amount of a feeling or it can be a stronger feeling. For example we might feel a bit sad or very, very angry?

Choose some feelings words that show different strengths of the words below from a small feeling to a big feeling. Colour in the boxes to show the strength of feeling by colouring the small feeling words lightly and getting darker and darker as the strength increases.

	Happy	Sad	Angry	Calm
Small ↓ Big				

	Worried	Proud	Scared	Calm
Small ↓ Big				