

# Galaxy of Feelings

Human beings experience many feelings over the course of a lifetime, and even over the course of a day. The most common feelings are happy, sad, angry and scared. However, we experience many more feelings than these four.

Pretend you are an astronaut. You have been asked to travel to the Galaxy of Feelings and give names to all the stars. Your backpack is stuffed with feeling names. Choose one feeling name for each star below. Match the feelings to the expressions on the faces of the stars, and write in the feeling names on the lines provided.

The central illustration shows an astronaut in a space suit floating in space, surrounded by a pile of rectangular cards with various feeling names. The astronaut is holding a large knife. The cards include: happy, lonely, bored, angry, excited, silly, loving, tired, stressed, scared, sad, brave, embarrassed, surprised, and guilty. Surrounding the astronaut are 16 cartoon stars with different facial expressions, each with a horizontal line below it for labeling.

# More to Think About

What feelings do you have most often?

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What do you do when you feel sad to feel better?

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How are you feeling right now!

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