

Name: _____

Emotions Reflection: Sadness



depressed	down	hopeless	regret	empty
grief	disappointed	lonely	embarrassed	shame

Pick three emotions from the box above that you have experienced. Write the emotion and then explain when you felt this way.

1. emotion: _____

experience: _____

A horizontal banner with a blue background on the left and white on the right. On the left, a cartoon superhero with brown hair, a blue suit, and a red cape is flying. The cape has a blue shield with the letters 'MJS' on it. On the right, the word 'Preview' is written in large, bold, red letters. Below it, in smaller black text, it says 'Please log in to download the printable version of this worksheet.'

Preview
Please log in to download
the printable version of this worksheet.

3. emotion: _____

experience: _____
