

Infer My Feelings Cards

Without a second thought, I dived into the clear blue water desperate to feel the coolness on my skin. We'd had the adventure of a lifetime on the safari but I was ready for this after all the excitement of the morning. Floating on my back, I let the refreshing water wash over me as I took deep breaths.

At the end of this extract, the narrator is feeling:

Tick **one**.

upset excited

relaxed angry

Everyone at school has been talking about it all year. They are all convinced there's something in there – something strange.

I will prove them wrong. I know it's empty and has been for years. I knocked on the door and waited patiently. Nothing... I knocked again. The next thing I heard froze the blood in my veins.

At the end of this extract, the narrator is feeling:

Tick **one**.

frightened excited

relaxed cold

"If you follow me carefully, you'll be fine." The instructor sounded like he was talking to me from another world. My feet were glued to the tree; I couldn't move towards him even if I wanted to. Without warning, I saw myself flying through the air on the zip wire. Was I doing it? Was it my doppelgänger? What was happening?

I suddenly remembered the visualisation techniques I had been learning in my mindfulness classes and realised what my brain was trying to tell me...

frightened happy

relaxed determined

Infer My Feelings Cards Answers

Without a second thought, I dived into the clear blue water desperate to feel the coolness on my skin. We'd had the adventure of a lifetime on the safari but I was ready for this after all the excitement of the morning. Floating on my back, I let the refreshing water wash over me as I took deep breaths.

At the end of this extract, the narrator is feeling:

Tick **one**.

upset	<input type="checkbox"/>	excited	<input type="checkbox"/>
relaxed	<input checked="" type="checkbox"/>	angry	<input type="checkbox"/>

Everyone at school has been talking about it all year. They are all convinced there's something in there – something strange.

I will prove them wrong. I know it's empty and has been for years. I knocked on the door and waited patiently. Nothing... I knocked again. The next thing I heard froze the blood in my veins.

At the end of this extract, the narrator is feeling:

Tick **one**.

frightened	<input checked="" type="checkbox"/>	excited	<input type="checkbox"/>
relaxed	<input type="checkbox"/>	cold	<input type="checkbox"/>

"If you follow me carefully, you'll be fine." The instructor sounded like he was talking to me from another world. My feet were glued to the tree; I couldn't move towards him even if I wanted to. Without warning, I saw myself flying through the air on the zip wire. Was I doing it? Was it my doppelgänger? What was happening?

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frightened	<input type="checkbox"/>	happy	<input type="checkbox"/>
relaxed	<input type="checkbox"/>	determined	<input checked="" type="checkbox"/>