



# MATCH THE THOUGHTS & FEELINGS

TAMIU STUDENT COUNSELING & DISABILITY SERVICES FOR STUDENTS

Learning to identify and share our feelings is an important skill that all children (and adults) need to develop to help us communicate our needs.

This matching exercise helps start a conversation about feelings to further understand each person's individual experience.

# Match the thoughts & feelings

I feel so  
alone.

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I think i  
failed my  
exam!

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I think I  
look nice  
today.

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I hate  
you!

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I shouldn't of  
eaten all  
that spicy  
food,

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Angry



Happy



Pain



Sad



Nervous