**Second Step: A Violence Prevention Program**

**Grade 1**

**Unit 1 Test: Recognizing Feelings**



**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Teacher\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_**

happy sad mad

afraid surprise disgust

Fill in the blank with one of the feelings that match the sentence.

1. If I got lost at the store, I would feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. If my brother broke my favorite toy, I would feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. When I am invited to my friend’s house for a party, I feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. When my friend doesn’t eat lunch with me, I feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. When I find gum stuck to the bottom of my sneaker, I feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. If I got a puppy for my birthday, I might feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Place an “X” through the if the sentence is true or through the if the sentence is false.

1. All feelings are O.K.
2. It is important to understand how others feel so I don’t hurt them.
3. It helps to share my sad feelings with my parents or teachers.
4. My body tells me when I feel angry or sad.