

# What is **anger**?



**Anger is an emotion that is usually felt in response to another uncomfortable feeling, such as fear or embarrassment. You might feel angry when you are hurt, feel like you've lost something, made a mistake or things haven't gone the way you wanted.**

# What is anxiety?



**Anxiety is a feeling of unease. You feel this way when you are worried, afraid or nervous. Anxiety is an emotion that you might first notice in your body. Sometimes it is hard to know if those sensations are from an emotion or a physical problem, like a stomachache.**

# What is fear?



**Fear is an intense emotion that shows you feel afraid. You might want to hide or run away when you feel fear. You might fear real things or imaginary things.**

# What is sadness?



**Sad is an emotion that everyone feels from time to time. It can make you feel tired or like you have no energy. You might feel sad for a short time, like when you feel disappointed. Sometimes people can feel sad for quite a while, usually when a big event happens in their life that they find difficult.**

# What is happy?



**Happiness is an emotion that comes from a sense of joy, excitement or satisfaction. You might feel happy because you are with people you enjoy spending time with, or doing something that feels good.**

