



# Double-Dip Feelings

Feelings can get pretty confusing! You can have two very different feelings at once, which makes them hard to understand. Think of times when you have had both of the feelings described below at the same time!

\*Lesson adapted from *Double-Dip Feelings* (Cain and Patterson, 2001).

<b>HAPPY</b> and <b>SAD</b>	
<b>PLAYFUL</b> and <b>MAD</b>	
<b>PROUD</b> and <b>SCARED</b>	
<b>BRAVE</b> and <b>AFRAID</b>	
<b>MEAN</b> and <b>FRIENDLY</b>	
<b>EXCITED</b> and <b>WORRIED</b>	
<b>HATED</b> and <b>LOVED</b>	