Mix and MATCH Emotions

Have you ever felt that when things do not go right and you feel sad, you can also be angry at the same time? Just like being happy and excited, these two emotions can also go together. Or maybe you went on a ride at a theme park or fair and felt excited but also a little worried or scared. You can feel more than one emotion at the same time.

Here's a few different emotions that might go together with a made up word of feeling two emotions together.











