

FEELINGS CHART



Happy



Sad



Depressed



Confused



Scared



Disappointed



Surprised



Disgust



Angry

HAPPY



SAD



BORED



ANGRY



SURPRISED



WORRIED



SLEEPY



EMBARRASSED



FINE



FURIOUS



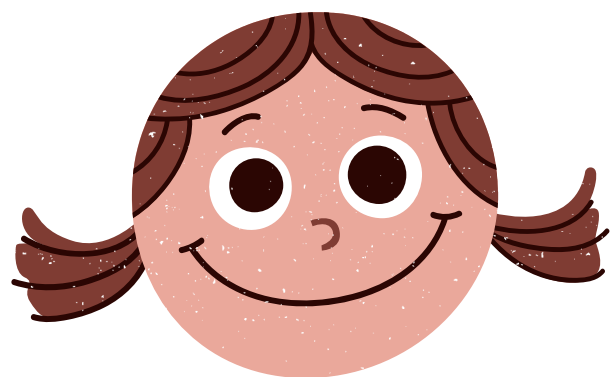
CHEERFUL



SILLY



Feelings and Emotions



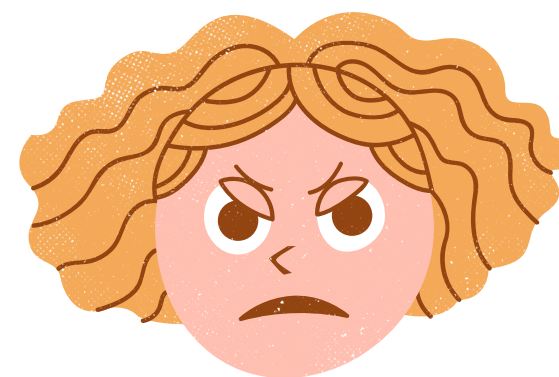
Happy



Sad



Excited



Angry



Calm



Sleepy



Shy



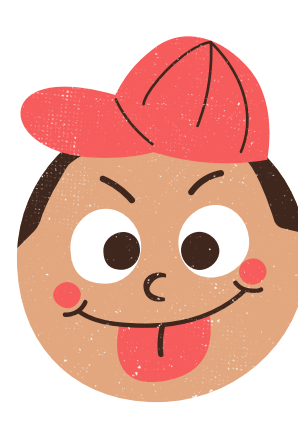
Proud



Surprised



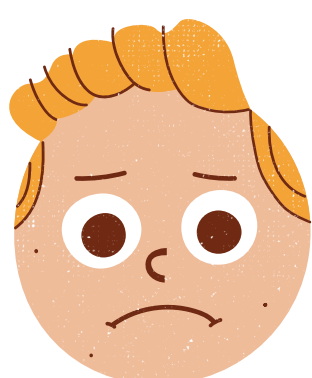
Embarrassed



Silly



Worried



Disappointed



Scared



Hurt



Tired

HOW ARE YOU FEELING?



Happy



Sad



Angry



Annoyed



Scared



Worried



Silly



Sick



Proud

Shut Eye

TODAY I FEEL

Use these emotion words to describe how you feel today.



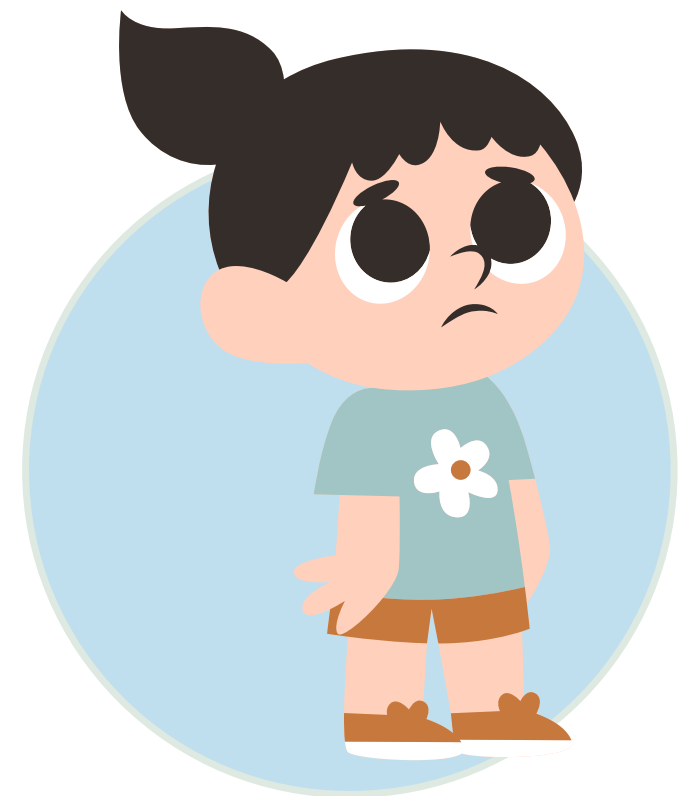
happy



excited



scared



sad



disgusted



upset



sleepy



annoyed



proud



worried



silly



exhausted

What zone are you feeling today?



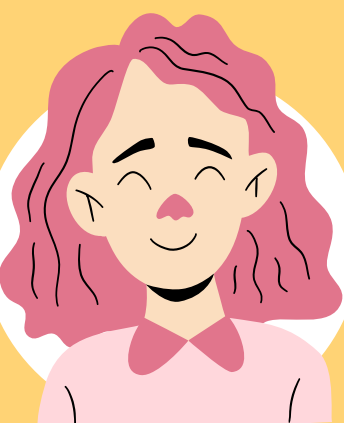
Blue Zone

Sad
Tired
Sick
Bored
Feeling slow



Green Zone

Calm
Happy
I'm focused
Feeling okay
In control



Yellow Zone

Excited
Anxious
Nervous
Frustrated
Confused



Red Zone

Angry
Scared
Panic
I want to yell
I'm not in control



How Are You Feeling Today?



Scared



Angry



Excited



Confused



Happy



Sick



Sleepy



Hungry



Sad

WHAT IS YOUR INNER WEATHER LIKE TODAY?

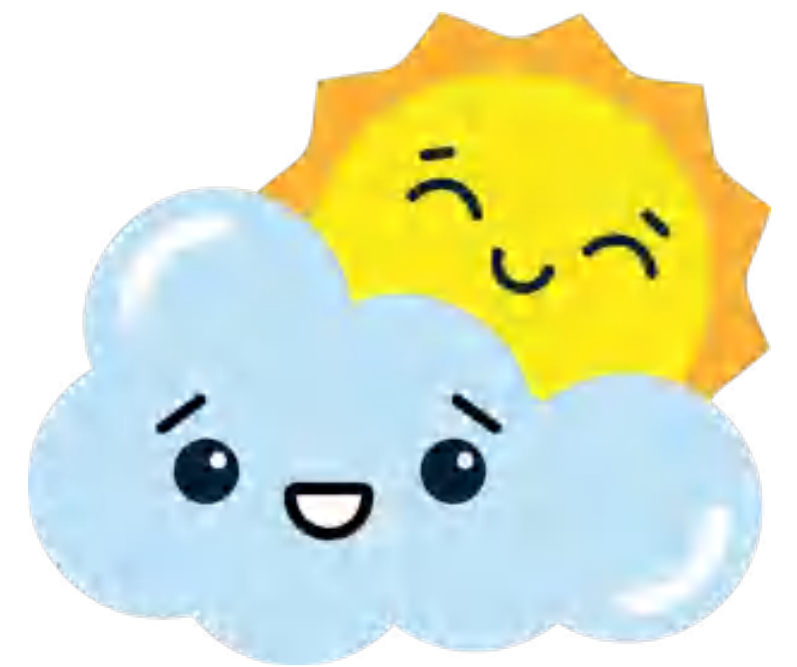
SUNNY



CLOUDY



PARTLY CLOUDY



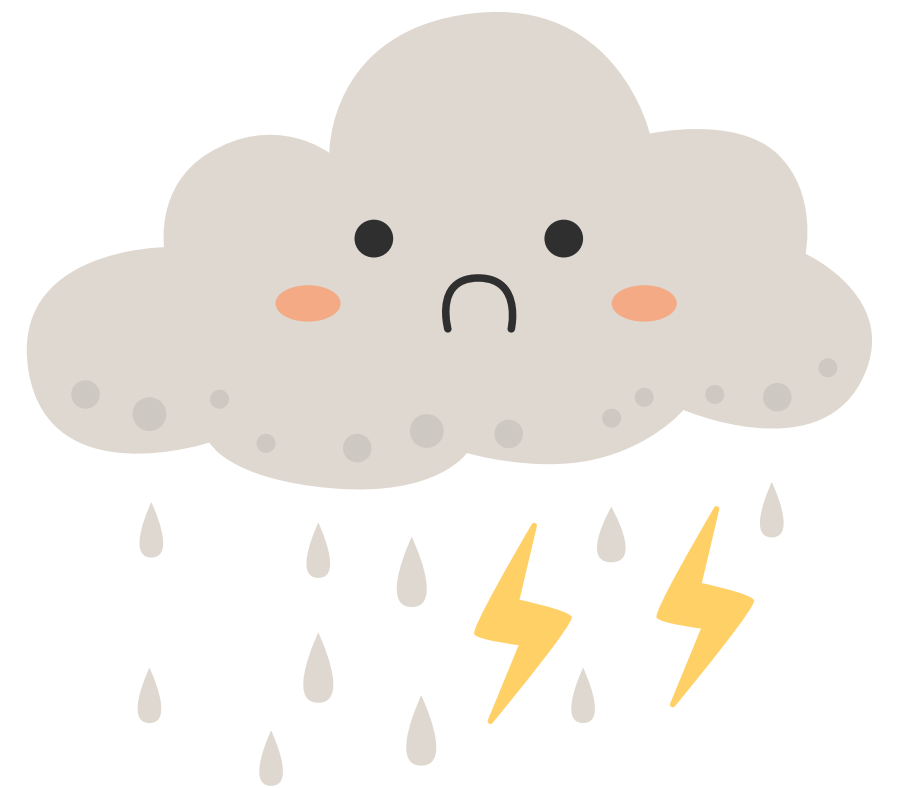
WINDY



RAINY



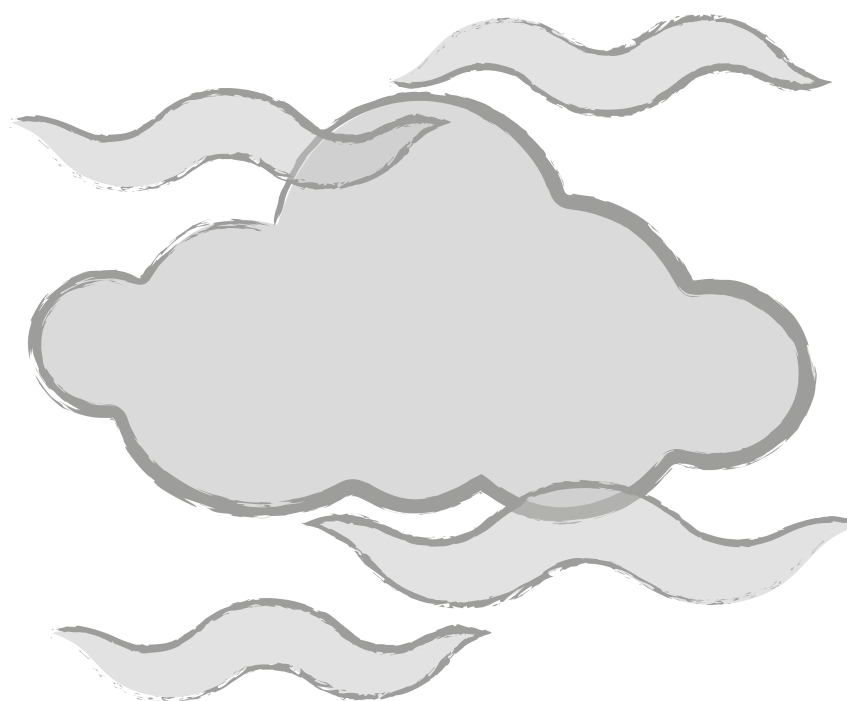
STORMY



SNOWY



FOGGY



TORNADO



TODAY, I FEEL...

cheerful



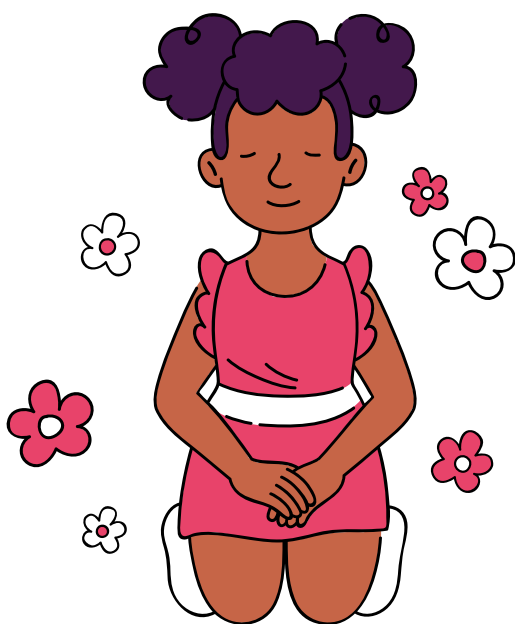
excited



grumpy



calm



sleepy



ashamed



anxious



tired



upset

FEELINGS

Feelings can be complicated. Sometimes it's hard to say how we are feeling. We can always start by identifying if we feel good, or bad.

FEELING GOOD?



When you feel good,
you might also say, I feel ...

h a p p y

j o y f u l

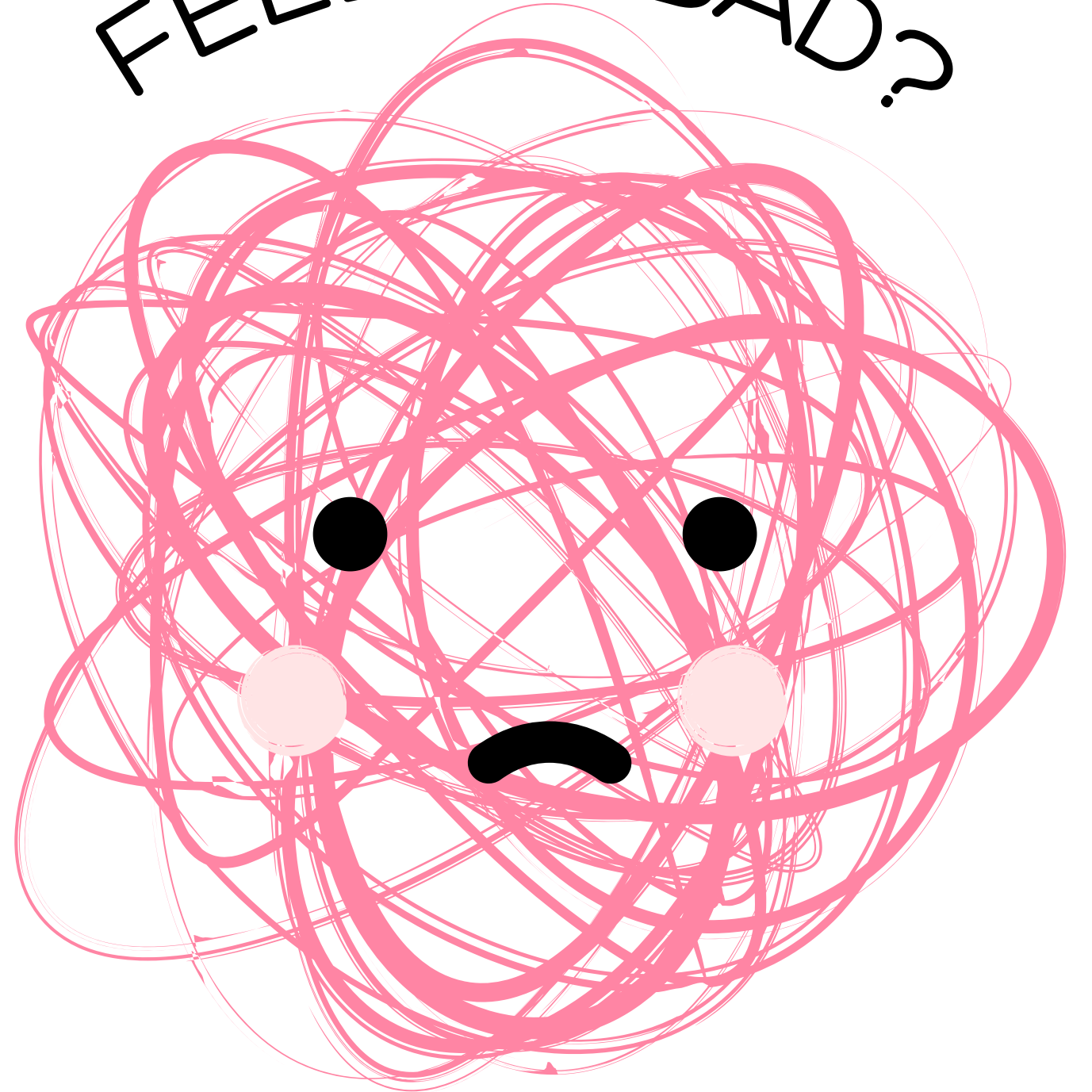
c o n f i d e n t

p r o u d

c a l m

e x c i t e d

FEELING BAD?



When you feel bad,
you might also say, I feel ...

s a d

a n g r y

f r u s t r a t e d

s c a r e d

w o r r i e d

m a d

ALL OUR FEELINGS ARE OKAY!