

Feelings Charades Cards

Cut out the cards. Draw one, act it out with no words, and let everyone guess.



Happy

You find out there is pizza for dinner tonight.



Excited

Tomorrow is your birthday party, and you can hardly wait.



Proud

You ride your bike all the way down the block with no help.



Calm

You are lying on the grass, watching the clouds go by.



Sad

Your ice cream falls off the cone and onto the sidewalk.



Lonely

Everyone at the lunch table is talking, and nobody talks to you.



Angry

Someone knocks over the block tower you spent an hour building.



Frustrated

Your shoelace comes untied again, and again, and again.



Worried

You cannot find your backpack, and the bus is coming.



Scared

You hear a loud bang in the dark.



Surprised

You open the door and everyone shouts "Surprise!"



Tired

You stayed up way too late, and now it is time for school.

Feelings Memory Cards

Cut out, mix up and lay face down. Turn over two at a time. When you find a pair, tell about a time you felt that way.



Feelings Bingo

Call a feeling (the charades cards work as calling cards). Mark it if it is on your card. Three in a row wins.

Feelings Bingo Card 1

 Excited	 Proud	 Lonely
 Happy	 Angry	 Worried
 Tired	 Scared	 Sad

Feelings Bingo Card 2

 Surprised	 Calm	 Lonely
 Proud	 Worried	 Excited
 Happy	 Scared	 Frustrated

Feelings Bingo Card 3

 Happy	 Angry	 Scared
 Calm	 Excited	 Proud
 Lonely	 Worried	 Tired

Feelings Bingo Card 4

 Frustrated	 Scared	 Lonely
 Angry	 Sad	 Excited
 Worried	 Proud	 Happy

Feelings Bingo

Call a feeling (the charades cards work as calling cards). Mark it if it is on your card. Three in a row wins.

Feelings Bingo Card 5

		
Angry	Proud	Sad
		
Happy	Lonely	Scared
		
Tired	Excited	Calm

Feelings Bingo Card 6

		
Proud	Lonely	Surprised
		
Sad	Angry	Happy
		
Calm	Scared	Excited

Feelings Bingo Card 7

		
Frustrated	Sad	Excited
		
Angry	Scared	Proud
		
Happy	Tired	Lonely

Feelings Bingo Card 8

		
Calm	Sad	Happy
		
Scared	Frustrated	Surprised
		
Tired	Worried	Lonely