

Feelings Chart

Point to the face that fits how you feel.

 Happy	 Excited	 Proud	 Grateful	 Hopeful
 Loved	 Calm	 Content	 Safe	 Sad
 Lonely	 Disappointed	 Hurt	 Angry	 Frustrated
 Annoyed	 Jealous	 Worried	 Scared	 Nervous
 Overwhelmed	 Surprised	 Confused	 Embarrassed	 Ashamed
 Guilty	 Disgusted	 Tired	 Bored	 Numb

How Do I Feel?

Point to your feeling. Is it small, medium or big?



Happy



Excited



Proud



Calm



Sad



Lonely



Angry



Frustrated



Worried



Scared



Surprised



Tired

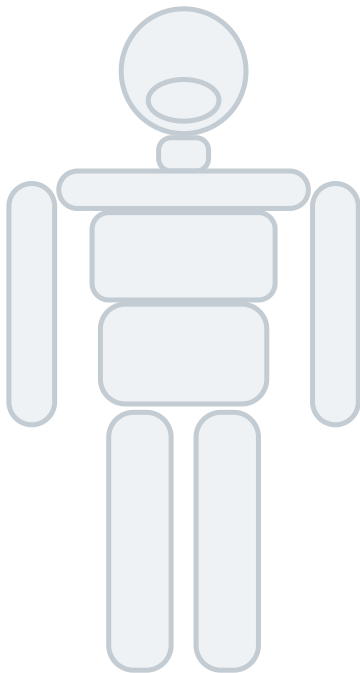
My Feelings Check-In

Name _____ Date _____

Right now I feel

How big is it? Circle a number.

1 2 3 4 5 6 7 8 9 10



Color where you notice it in your body

Head, face, throat, shoulders, chest, stomach, arms, hands, legs or feet.

What happened before I felt this?

Something that might help

Who I can tell

List of Emotions

More words for what you feel, grouped into nine families.

Happy

joyful, cheerful, glad,
delighted, excited, proud,
grateful, hopeful, optimistic,
playful, confident, inspired,
loved, satisfied, relieved,
amused

Calm

peaceful, relaxed, content,
safe, secure, settled,
comfortable, centered,
rested, patient, accepted,
balanced

Sad

unhappy, down, lonely, hurt,
disappointed, discouraged,
grieving, heartbroken,
hopeless, empty, left out,
rejected, homesick,
regretful, gloomy, helpless

Angry

annoyed, frustrated,
irritated, grumpy, resentful,
bitter, furious, jealous,
offended, impatient,
defensive, betrayed,
disrespected, fed up

Afraid

worried, anxious, nervous,
scared, tense, uneasy,
overwhelmed, panicked,
insecure, stressed,
vulnerable, threatened, on
edge, terrified

Surprised

amazed, startled, shocked,
confused, curious, stunned,
unsure, speechless

Ashamed

embarrassed, guilty,
humiliated, self-conscious,
awkward, not good
enough, exposed, foolish,
regretful, small

Disgusted

grossed out, repulsed,
disapproving, appalled,
sickened, turned off

Tired

sleepy, drained, worn out,
bored, numb, restless,
burned out, flat