

Feelings Cards



WORRIED

anxious, overwhelmed,
uncomfortable, unsafe, fearful



PROUD

self-reliant, strong,
empowered, pleased



CALM

quiet, relaxed,
peaceful, serene



HAPPY

loved, joyful,
safe, cheerful, hopeful



SAD

unhappy, disappointed,
miserable, hopeless, gloomy



BRAVE

courageous, fearless, empowered,
strong, daring, independent



ANGRY

annoyed, frustrated, cross,
outraged, hurt, mad



SCARED

frightened,
terrified, fearful



DISAPPOINTED

unhappy, sad,
upset



CONFUSED

overwhelmed, puzzled,
muddled



LONELY

sad, overwhelmed, ignored,
forgotten, unhappy, hurt



SHAME

unhappy, unsafe,
guilty



GUILTY

shame, confused,
unhappy, uncomfortable



EMBARRASSED

confused, worried, sad,
uncomfortable, shy, unhappy



EXCITED

happy, joyful, thrilled,
curious, silly, interested



CONFIDENT

relaxed, secure,
comfortable

✂ Cut out each card. Cut out and paste the key word and alternative words on the back of each card, or fold under.

