

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	

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



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