

Feelings Chart

Check the feeling that matches how you feel right now

☐ Happy

☐ Frustrated

☐ Sad

☐ Tired

☐ Angry

☐ Confused

☐ Scared

☐ Grateful

☐ Excited

☐ Lonely

☐ Calm

☐ Curious

☐ Worried

☐ Silly

☐ Proud

☐ Nervous