

How are you feeling?

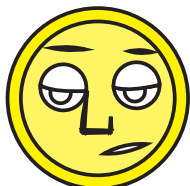
What are you thinking about? Do you know why you feel this way?
What do you wish would happen?



Good or Great
Positive or excellent ...
no problems or worries!



Stressed
Upset by what is happening and
uncertain about the future.



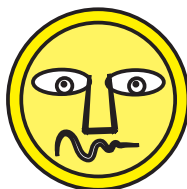
OK
Acceptable but not great ...
something seems out of place.



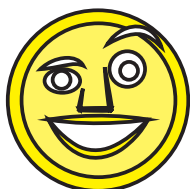
Mad
Upset about something ...
things are not going the way
you want them to.



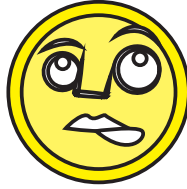
Friendly
Wanting to spend time with
others or getting to know new
people.



Confused
Can't think clearly, and not sure
what's happening.



Loving
Wanting to hug or share
because of a special connection
or friendship.



Lonely
Needing a friend or a hug ...
being apart from others.



Energetic
Lots of activity and physical
expression coming from inside
you that must come out!



Sad
Not happy because something
bad has happened to you or
someone you know.



Hopeful
Wishing for ... looking forward
to ... or expecting something.



Shocked
Surprised, but not in a good way.

Feeling Something Else

You know how you feel, but it's
not included on this chart.

Draw Your Emotion/Face Here:



Feelings Keep Changing

You know how you feel, but it
changes a lot. Or you're
feeling a lot of different ways
all at the same time.

What would you call this emotion/face?

This chart is color-ready. Just print and color!

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