

# 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.

