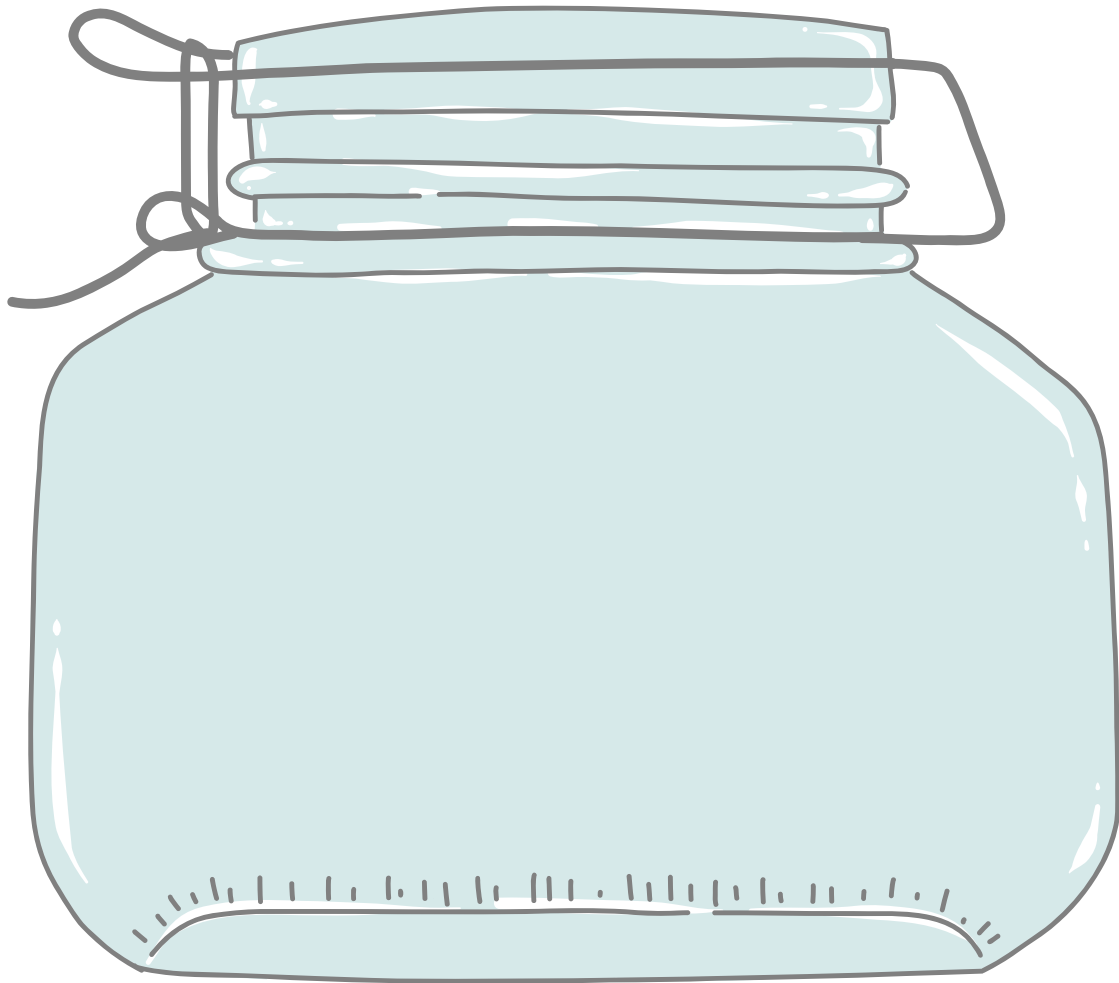


Check In With Your Emotions



Feelings can be overwhelming for us and that is completely okay! Check in with your own feelings and see if you can figure them out. Then, fill this container with feeling colours to show how much of each you have right now.

Note: For older children/ young people you may want to expand and explore larger options of language to really deep dive into the emotions that they are feeling. See list of words

Scared

Confused

Angry

Nervous

Happy

Excited

Sad

Calm

Check In With Your Emotions

HAPPY	SAD	ANGRY	CONFUSED	SCARED
Admired	Alienated	Abused	Ambivalent	Afraid
Alive	Ashamed	Aggravated	Awkward	Alarmed
Appreciated	Burdened	Agitated	Baffled	Anxious
Assured	Condemned	Anguished	Bewildered	Appalled
Cheerful	Crushed	Annoyed	Bothered	Apprehensive
Confident	Defeated	Betrayed	Constricted	Awed
Content	Dejected	Cheated	Directionless	Concerned
Delighted	Demoralized	Coerced	Disorganized	Defensive
Determined	Depressed	Controlled	Distracted	Desperate
Ecstatic	Deserted	Deceived	Doubtful	Doubtful
Elated	Despised	Disgusted	Flustered	Fearful
Encouraged	Devastated	Dismayed	Foggy Hesitant	Frantic
Energized	Disappointed	Displeased	Immobilized	Full of dread
Enthusiastic	Discarded	Dominated	Misunderstood	Guarded
Excited	Discouraged	Enraged	Perplexed	Horried
Exuberant	Disgraced	Exasperated	Puzzled	Impatient
Flattered	Disheartened	Exploited	Stagnant	Insecure
Fortunate	Disillusioned	Frustrated	Surprised	Intimidated
Fulfilled	Dismal	Fuming	Torn	Nervous
Glad	Distant	Furious	Trapped	Overwhelmed
Good	Distraught	Harassed	Troubled	Panicky
Grateful	Distressed	Hateful	Uncertain	Perplexed
Gratified	Drained	Hostile	Uncomfortable	Petrified
Hopeful	Empty	Humiliated	Undecided	Reluctant
Joyful	Exhausted	Incensed	Unsettled Shy	Shaken
Jubilant	Grievous	Irritated Mad	Unsure	Shocked
Justified Loved	Helpless	Offended		Shy
Marvelous	Hopeless	Outraged		Skeptical
Optimistic	Humbled	Patronized		Startled
Peaceful	Inadequate	Peeved		Stunned
Pleased Proud	Islanded	Perturbed		Suspicious
Relaxed	Isolated Lonely	Pissed Off		Swamped
Relieved	Miserable	Provoked		Tense

Check In With Your Emotions

HAPPY	SAD	ANGRY	CONFUSED	SCARED
Resolved Respected Satisfied Terrific Thrilled Tranquil Valued	Mournful Neglected Pitiful Regretful Rejected Resigned Sorrowful Terrible Unappreciated Uncared for Unloved Unwanted Upset Worthless Wounded	Rebellious Repulsed Resentful Ridiculed Sabotaged Seething Smothered Spiteful Stifled Strangled Throttled Uptight Used Vengeful Vindictive		Terrified Threatened Timid Tormented Uneasy Unsure Vulnerable