

Feelings

Look at the words to identify how you are feeling.



Body Feelings

Tired
Hungry
Wired
Sore
Restless
Tight chest
Headachy



Energy Feelings

Pumped
Calm
Overwhelmed
Scattered
Shut down
Stressed
Excited



People Feelings

Annoyed
Embarrassed
Left out
Irritated
Supported
Proud
Frustrated
Protective



Heart Feelings

Happy
Sad
Worried
Lonely
Confused
In "Like"
Disappointed
Anxious