

My Feelings Chart

All feelings are okay! I can name what I feel and take care of myself.

Happy



I feel good,
joyful, and excited!

Calm



I feel peaceful,
relaxed, and safe.

Sad



I feel hurt, disappointed,
or lonely.

Angry



I feel frustrated,
annoyed, or mad.

Silly



I feel playful,
energetic, and
ready for fun!

Tired



I feel sleepy, low energy,
and need a break.

Worried



I feel nervous, scared,
or unsure about
what might happen.

Brave



I feel strong,
courageous, and
proud of myself.

Excited



I feel eager,
energized, and
ready for something new!

Frustrated



I feel stuck, annoyed,
or like things are
not going my way.

Loved



I feel safe, cared for,
and connected to
my family and friends.

Lonely



I feel like I want
more connection
or company.

Overwhelmed



I feel like there is
too much happening
at once.

Hopeful



I feel positive
and like good things
are possible.

Grateful



I feel thankful
for the good things
in my life.

Confused



I feel unsure
or like I need
more information.