

My Feelings Wheel

Happy



joyful • proud
excited • loved
silly • hopeful

Sad



hurt • disappointed
lonely • tired
missing someone

Angry



mad • frustrated
annoyed • jealous
out of control

Worried



nervous • scared
what if...?
uneasy • overwhelmed

Brave



courageous • strong
trying my best
standing up for myself

Tired



sleepy • low energy
resting • worn out
needs a break

Silly



goofy • playful
energetic • fun
full of ideas

Calm



peaceful • relaxed
safe • quiet
comfortable