

# How are you feeling?

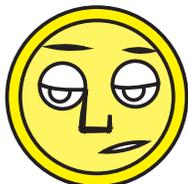
What are you thinking about? Do you know why you feel this way?  
What do you wish would happen?



**Good or Great**  
Positive or excellent ...  
no problems or worries!



**Stressed**  
Upset by what is happening and  
uncertain about the future.



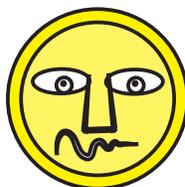
**OK**  
Acceptable but not great ...  
something seems out of place.



**Mad**  
Upset about something ...  
things are not going the way  
you want them to.



**Friendly**  
Wanting to spend time with  
others or getting to know new  
people.



**Confused**  
Can't think clearly, and not sure  
what's happening.



**Loving**  
Wanting to hug or share  
because of a special connection  
or friendship.



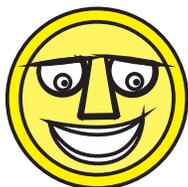
**Lonely**  
Needing a friend or a hug ...  
being apart from others.



**Energetic**  
Lots of activity and physical  
expression coming from inside  
you that must come out!



**Sad**  
Not happy because something  
bad has happened to you or  
someone you know.



**Hopeful**  
Wishing for ... looking forward  
to ... or expecting something.



**Shocked**  
Surprised, but not in a good way.

## Feeling Something Else

You know how you feel, but it's  
not included on this chart.

Draw Your Emotion/Face Here:



## Feelings Keep Changing

You know how you feel, but it  
changes a lot. Or you're  
feeling a lot of different ways  
all at the same time.

What would you call this emotion/face?

This chart is color-ready. Just print and color!

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