

How do you feel today?

Angry Irritated Mad Frustrated

Annoyed Vengeful Insulted **Grumpy**

Jealous **Moody** Bitter Disgusted

Excited Peaceful **Hopeful** Confident

Happy Proudful Relieved Loved

Joyful Relaxed Encouraged **Content**

Disappointed **Sad** Lonely Hurt Miserable

Numb Grieved Ashamed **Hopeless** Lost

Anxious Worried Nervous Confused

Unsure Stressed Concerned **Impatient**

Tense **Overwhelmed** Restless Shy

Fearful Offended Horrified Disturbed

Panicked Unsafe **Shocked** Scared