## NAME YOUR FEELINGS

## HOW I FEEL TODAY ...

ANGRY	HOT	SHY
UPSET	NERVOUS	SILLY
SAD	WORRIED	KIND
MAD	CONFUSED	CONFIDENT
UNHAPPY	SCARED	CURIOUS
ANXIOUS	BORED	SICK
FRUSTRATED	HUNGRY	HOPELESS
JEALOUS	PROUD	ASHAMED
UNHEARD	IMPATIENT	GUILTY
LEFT OUT	GRUMPY	SHOCKED
TIRED	MEAN	HOPEFUL
EMBARRASSED	EXCITED	LONELY
SURPRISED	DISAPPOINTE	ED LOVED
STRESSED	THANKFUL	COLD