

Positive Emotions		
Energetic	Hopeful	Lively
Blissful	Joyful	Curious
Bubbly	Loved	Loving
Excited	Respected	Strong
Relieved	Delighted	Secure
Pleased	Happy	Interested
Satisfied	Determined	Smart
Proud	Secure	Content

Negative Emotions		
Hurt	Nervous	Upset
Frustrated	Lonely	Restless
Depressed	Hopeless	Envious
Bored	Scared	Angry
Regretful	Shy	Empty
Sad	Indifferent	Irritated
Embarrassed	Enraged	Exhausted
Guilty	Insecure	Jealous



1. Pick an emotion:
2. Draw a picture of your emotion:
3. Write an action suitable for your emotion:
4. Describe the intensity of the emotion:
5. Write your thoughts arising from the emotion: