

EXPRESSING FEELINGS



HAND OUT

Feelings cards

Afraid feeling	Blissful feeling	Hysterical feeling	Amazed feeling
Alienated feeling	Content feeling	Irritated feeling	Angry feeling
Embarrassed feeling	Despairing feeling	Joy feeling	Anxious feeling
Annoyed feeling	Disgusted feeling	Agony feeling	Ashamed feeling
Apprehensive feeling	Eager feeling	Nervous feeling	Bitter feeling
Astonished feeling	Enraged feeling	Panic feeling	Confused feeling



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Feelings cards (cont...)

Passionate feeling	Frustrated feeling	Jealous feeling	Relief feeling
Disappointed feeling	Grumpy feeling	Lonely feeling	Scared feeling
Dismayed feeling	Hopeful feeling	Neglected feeling	Shocked feeling
Ecstatic feeling	Hostile feeling	Optimistic feeling	Spiteful feeling
Envious feeling	Hurt feeling	Proud feeling	Surprised feeling
Excited feeling	Insulted feeling	Rejected feeling	Tense feeling



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Feelings cards (cont...)

Terrified	feeling
Thrilled	feeling
Tormented	feeling
Worried	feeling

