

“Make Your Own” Feelings Chart

Instructions: Look through magazines, or color copies of photos of family and friends, and cut out pictures of faces that show you each of the feelings named below. You will notice there are blank spots for you to add other feelings you would like to include.

Happy	Calm	Tired	Sad
Worried	Scared	Peaceful	Confused
Angry	Excited	Lonely	Proud
Hurt	Shy	Stressed-Out	Other _____
Other _____	Other _____	Other _____	Other _____