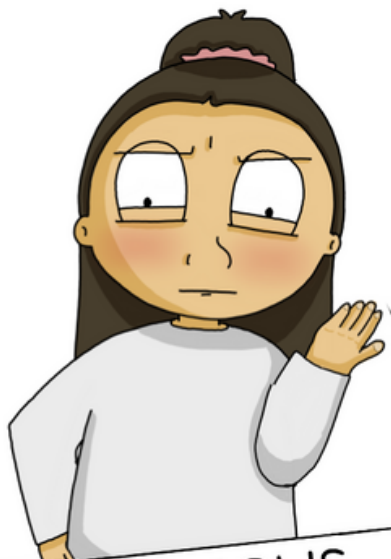


# FEELINGS POSTERS + HANDBOOK

**APPOINTED**  
set, let down, sad, or "bummed out"  
you expected or hoped for didn't happen.



**ANNOYED**  
Feeling irritated or aggravated by something or someone;  
often impatiently wanting the bothersome thing to stop.



**GRATEFUL**  
Feeling thankful, glad, and appreciative.

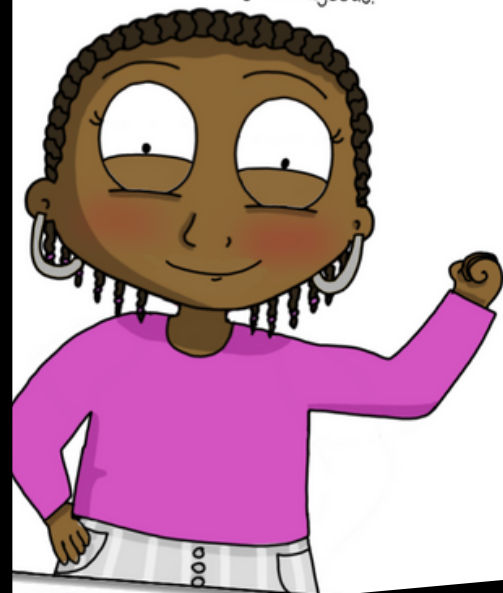


**SAD**  
A feeling of pain that comes from  
disappointment, hurt, sorrow, dis



**BRAVE**

Doing something challenging and uncomfortable in  
effort to be true to yourself and to do the most  
right thing; courageous.



**ANXIOUS**

A state of unease, fear, or nervousness about  
what could happen in the unknown future;  
very cautious and alert to potential dangers.



**CALM**

Feeling peaceful, content, and relaxed. Your body and  
feel grounded and settled, making it easier to focus,  
the present moment, and make good choices.



**HOPEFUL**

Feeling inspired or optimistic about the future;  
looking forward to what will happen.



**DIGITAL + PRINT**

# FEELINGS HANDBOOK

## Meanings • Body Language Cues • Triggers STUDENT ACTIVITY

### EMBARRASSED

What is he thinking?

List 3 clues you notice about Liam's body or facial expression that show he is feeling embarrassed.

- 1.
- 2.
- 3.

When have YOU felt embarrassed?

USE YOUR IMAGINATION!

This is Liam. He feels embarrassed.

### SCARED

What is she thinking?

Frightened, alarmed, or afraid of a perceived danger.

List 3 clues you notice about Brianna's body or facial expression that show she is feeling scared.

- 1.
- 2.
- 3.

When have YOU felt scared?

USE YOUR IMAGINATION!

This is Brianna. She feels scared.

### DETERMINED

What is he thinking?

Confident and certain that no matter what, you are going push forward to accomplish something.

List 3 clues you notice about Isaiah's body or facial expression that show he is feeling determined.

- 1.
- 2.
- 3.

When have YOU felt determined?

USE YOUR IMAGINATION!

This is Isaiah. He feels determined.

### ANNOYED

What is she thinking?

Feeling irritated or aggravated by something or someone; often impatiently wanting the bothersome thing to stop.

List 3 clues you notice about Raquel's body or facial expression that show she is feeling annoyed.

- 1.
- 2.
- 3.

When have YOU felt annoyed?

USE YOUR IMAGINATION!

This is Raquel. She feels annoyed.

# 50 FEELINGS POSTERS

with definitions

## JEALOUS

Feeling worried or threatened that you could lose someone you care about to someone else.



Detailed  
Body  
Language  
Cues  
Visual  
Supports

## LOVED

Feeling connected, seen, and cared for.



## TIRED

Needing rest or sleep.  
Low and slow energy in your body.



## DETERMINED

Confident and certain that no matter what, you are going push forward to accomplish something.





AMUSED



CONFUSED



# MEGA Feelings Chart



ANNOYED



CURIOUS



EXCITED



HOPEFUL



OVERWHELMED



SURPRISED



ANXIOUS



DETERMINED



FRIENDLY



HUNGRY



PROUD



THIRSTY



BORED



DISAPPOINTED



FRUSTRATED



JEALOUS



SAD



THOUGHTFUL



BRAVE



DISCOURAGED



FURIOUS



JOY



SCARED



TIRED



CALM



DISGUSTED



GRATEFUL



LONELY



SHAME



UNCERTAIN



CONFIDENT



EMBARRASSED



GRUMPY



LOVED



SHY



WORRIED