

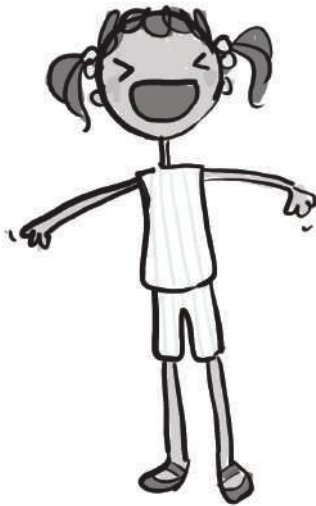
Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Angry



Annoyed



Anxious



Bored

Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Brave



Calm



Confident



Confused

Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

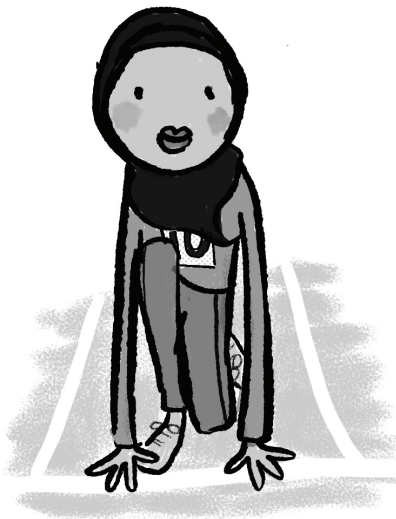
How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Creative



Curious



Determined



Embarrassed

Name _____

Date _____

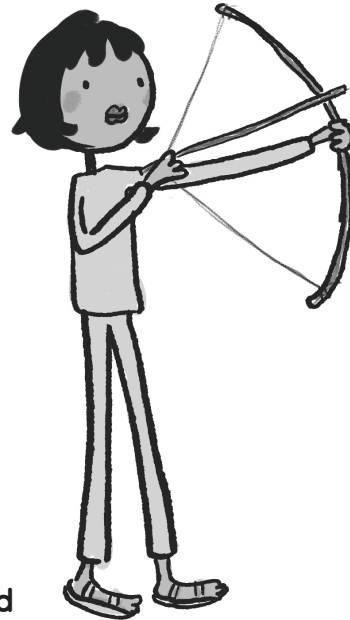
mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Excited



Focused



Frustrated



Gloomy

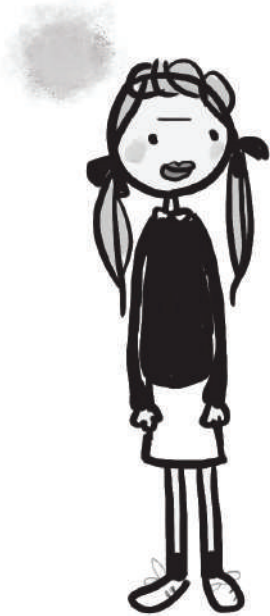
Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Grumpy



Grateful



Happy



Hopeful

Name _____

Date _____

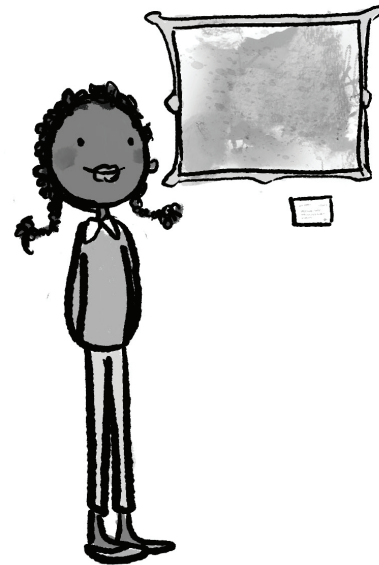
mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Hurt



Inspired



Lonely



Moody

Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Nervous



Peaceful



Proud



Relaxed

Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
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Sad



Shy



Silly



Stressed

Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

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Use the blank templates to create additional feelings cards.



Strong



Tender



Tired



Worried

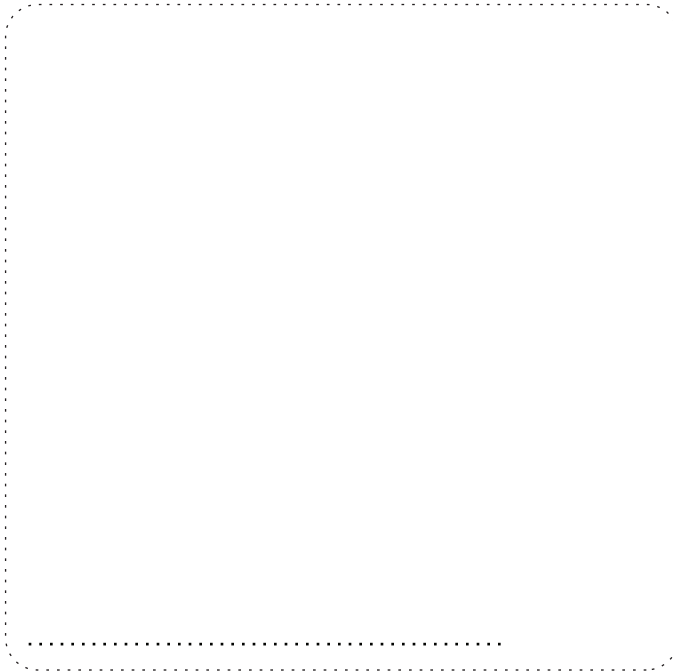
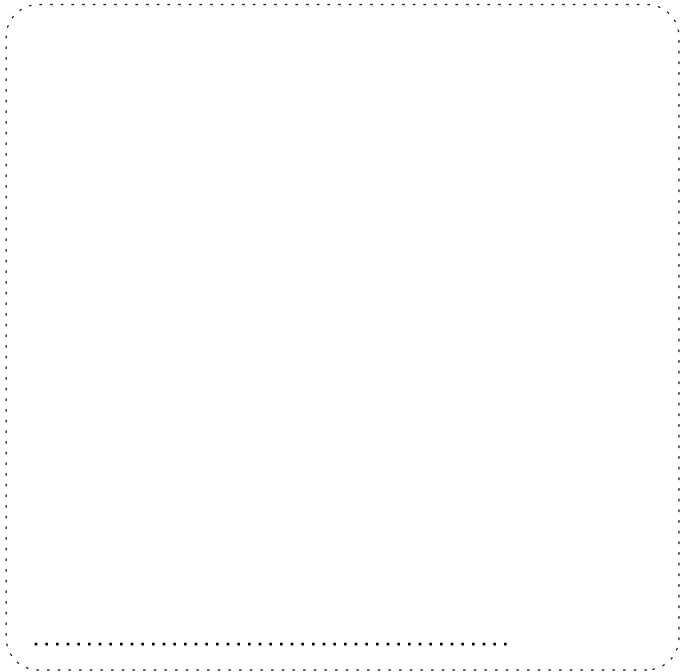
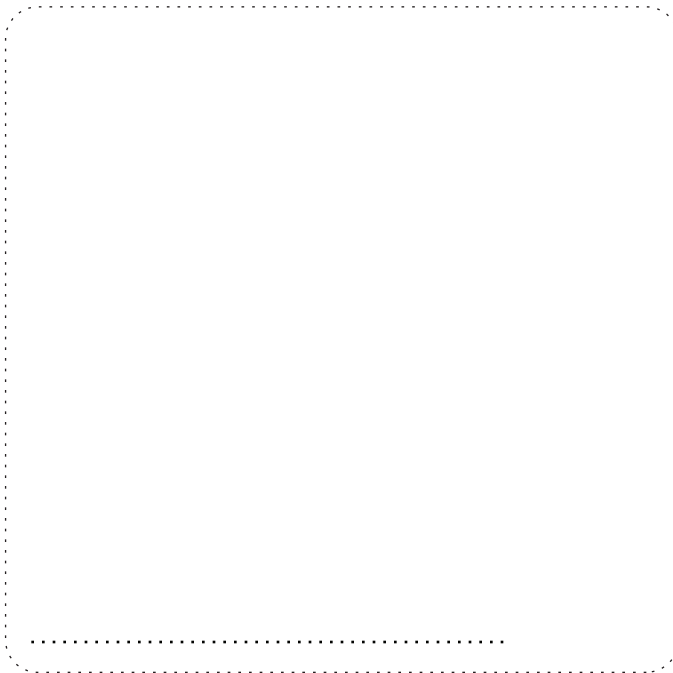
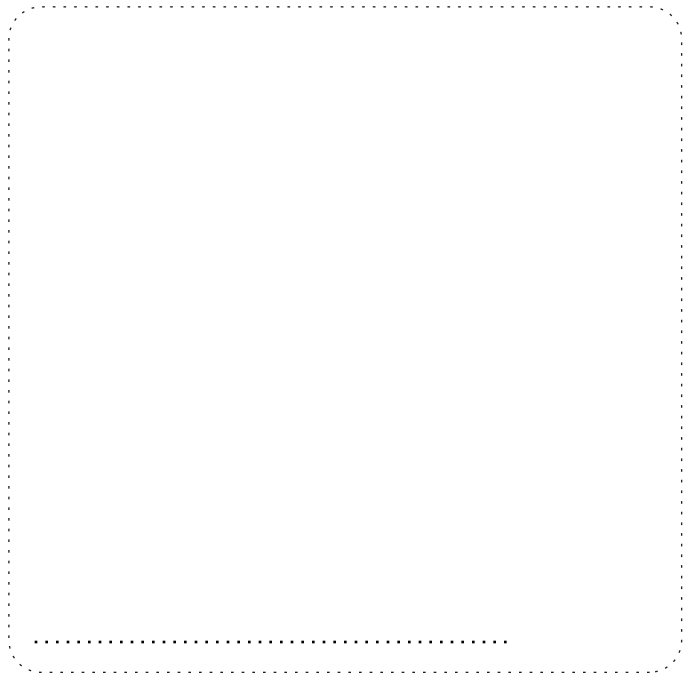
Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.

A large, empty rectangular box with a dotted border, intended for drawing or writing a feeling.A large, empty rectangular box with a dotted border, intended for drawing or writing a feeling.A large, empty rectangular box with a dotted border, intended for drawing or writing a feeling.A large, empty rectangular box with a dotted border, intended for drawing or writing a feeling.