

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

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GUIDE TO FEELINGS

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



Calm



Confident



Confused

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GUIDE TO FEELINGS

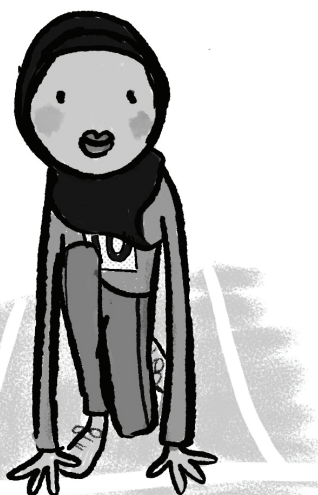
How are you feeling today? Use these cards to explore emotions.
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Creative



Curious



Determined



Embarrassed

Name _____

Date _____

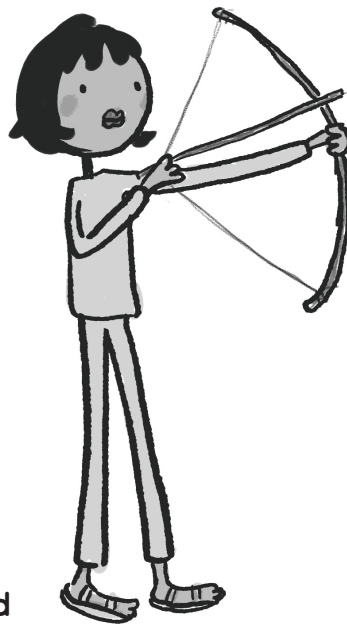
mindfulness series

GUIDE TO FEELINGS

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Excited



Focused



Frustrated



Gloomy

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Grumpy



Grateful



Happy



Hopeful

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Date _____

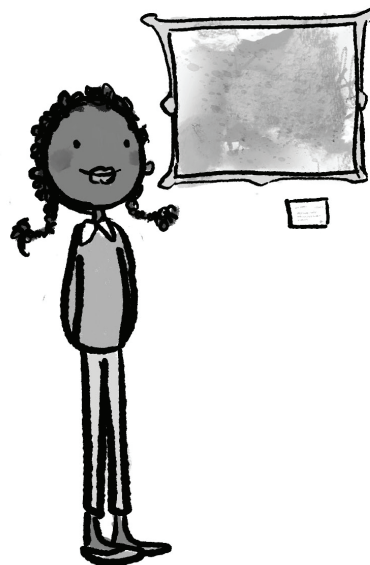
mindfulness series

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Hurt



Inspired



Lonely



Moody

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Nervous



Peaceful



Proud



Relaxed

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Sad



Shy



Silly



Stressed

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Strong



Tender



Tired



Worried

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