

People can have many feelings. It is helpful to learn about 4 primary feelings (like primary colors). These 4 feelings are **Happy, Sad, Scared** and **Mad**. A person can feel a little mad (annoyed) or very mad (furious). A person can also feel scared, angry and sad at the same time (humiliated).

Learn more about your own feelings with this feeling sheet. Which of your primary feelings goes with each of these feelings. Write **H, S, Sc** or **M**, (or any combination of them) next to each feeling that is listed. When more than one feeling is involved, circle the primary feeling that is strongest for you.

accepted	ecstatic	intense	restless
afraid	edgy	intimidated	sad
angry	elated	irritable	satisfied
annoyed	embarrassed	jazzed	sensual
anxious	enthusiastic	jealous	sexy
ashamed	envious	joyful	shaky
bashful	excited	lonely	shy
bewildered	fearful	loving	silly
bitter	foolish	mean	strong
bored	free	miserable	subdued
brave	frustrated	needed	tender
calm	furious	neglected	tense
confident	glum	nervous	terrified
confused	good	passionate	tight
concerned	guilty	peaceful	tired
defeated	happy	pessimistic	trapped
defensive	helpless	playful	ugly
depressed	high	pleased	uneasy
detached	hopeful	pressured	uptight
disappointed	hostile	protective	weak
disgusted	humiliated	puzzled	warm
disturbed	hurt	relieved	

# This "IS" How I Feel Today (Home)

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	In the morning	Home from School	At bedtime
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Saturday	_____	_____	_____
Sunday	_____	_____	_____

Weekly Rating: **0**    **1**    **2**    **3**    **4**    **5**    **6**    **7**    **8**    **9**    **10**  
(overall)

# This "IS" How I Feel Today (School)

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	1 <sup>st</sup> Class	Lunch	Last Class
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Saturday	_____	_____	_____
Sunday	_____	_____	_____

Weekly Rating: **0**    **1**    **2**    **3**    **4**    **5**    **6**    **7**    **8**    **9**    **10**  
(overall)