

Feelings chart for kids

Twelve feelings, pleasant and hard, each with what it means and a sentence to say it.

wordsofpositivity.com/positive-words-for-kids

Happy feeling

Feeling good and glad inside.

I feel happy when my friends play with me.

Excited feeling

So happy about something that you can't sit still.

I feel excited the night before my birthday.

Calm feeling

Quiet and peaceful inside, with no worries.

I feel calm when I hug my teddy.

Proud feeling

Feeling good about something you did.

I feel proud when I finish a hard puzzle.

Loved feeling

Knowing someone cares about you a lot.

I feel loved when Grandma reads me a story.

Surprised feeling

Feeling it when something happens that you did not expect.

I felt surprised when my cousin came to visit.

Shy hard feeling

Feeling a bit nervous around people you don't know.

I feel shy on my first day in a new class.

Worried hard feeling

Thinking something bad might happen.

I feel worried when I can't find my mom in the store.

Scared hard feeling

Feeling afraid.

I feel scared when there is thunder.

Sad hard feeling

Feeling unhappy, sometimes like you want to cry.

I feel sad when my friend moves away.

Angry hard feeling

Feeling very cross when something is unfair or goes wrong.

I feel angry when someone breaks my tower.

Frustrated hard feeling

Feeling cross because something is too hard right now.

I feel frustrated when my shoelaces won't tie.