

# Emotional Faces Chart

## Emotional Faces Chart - Children

**Instructions:** Children can use this chart to identify and express their emotions. They can select the facial expression that best represents how they feel at the moment.

Date: \_\_\_\_\_

Emotion	Facial Expression	Low Intensity	Medium Intensity	High Intensity
<b>Happy</b>	Smiling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Laughing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Excited	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Proud	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sad</b>	Crying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Frowning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Disappointed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Lonely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Hurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>Angry</b>	Yelling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Pouting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Frustrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Mad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Irritated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Scared</b>	Trembling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Worried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Fearful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Anxious	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Surprised</b>	Wide-eyed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Shocked	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Amazed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Speechless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Astonished	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>Disgusted</b>	Yucky	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Grossed Out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Nauseous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Repulsed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Displeased	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Calm</b>	Serene	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tranquil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Neutral	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Stressed</b>	Overwhelmed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tense	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Anxious	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Burned Out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>Focused</b>	Concentrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Determined	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Engaged	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Committed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Inspired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Emotional Faces Chart - Adults

**Instructions:** Use this chart to identify and express your emotions in the workplace. Select the facial expression that best represents how you feel at the moment.

**Date:** \_\_\_\_\_

Emotion	Facial Expression	Low Intensity	Medium Intensity	High Intensity
<b>Happy</b>	Smiling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Satisfied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Productive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Stressed</b>	Overwhelmed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tense	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Anxious	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Burned Out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Focused</b>	Concentrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Determined	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Engaged	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Committed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Inspired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Angry</b>	Irritated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Frustrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Livid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Disgruntled	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Agitated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Confident</b>	Self-assured	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Optimistic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Empowered	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Assertive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Capable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Bored</b>	Uninterested	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Distracted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Apathetic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Indifferent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Detached	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Appreciative</b>	Thankful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Grateful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Pleased	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Acknowledged	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>