

Emotions Card

Angry

Angry feels like your face is getting hot, your heart is beating fast, and you might feel like yelling or stomping your feet. You might feel this way if someone breaks your toy on purpose.



Embarrassed

Embarrassed feels like your cheeks get warm and red, and you want to hide or look away. You might feel this way if you trip in front of your classmates or say something silly by mistake.



Nervous

Nervous feels like butterflies are fluttering in your tummy and you can't sit still. You might feel nervous before speaking in front of the class or going to the doctor.



Happy

Happy feels like your heart is light, your face wants to smile, and your body feels full of energy. You might feel happy when playing with a friend or getting a surprise treat.



Annoyed

Annoyed feels like you're getting a little tense and want something to stop, like a buzzing in your ear. You might feel this way if someone keeps tapping your shoulder while you're trying to read.



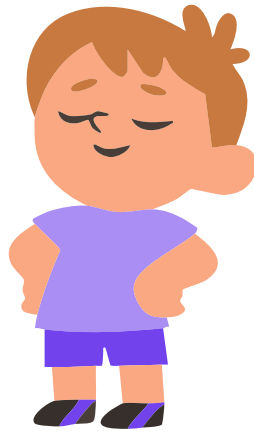
Excited

Excited feels like your heart is bouncing and you can't stop smiling or moving. You might feel excited when you're about to go on a trip or open a birthday present.



Proud

Proud feels warm in your chest, like you're standing tall and your heart is smiling. You might feel proud when you finish a hard puzzle or help someone without being asked.



Sad

Sad feels heavy, like your chest is sinking and your eyes might get teary. You might feel sad when your pet is sick or your best friend is away.



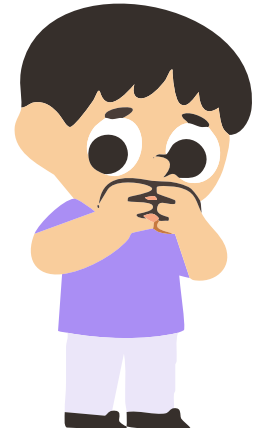
Surprised

Surprised feels like your heart jumps a little and your eyes get wide. You might feel surprised if someone throws you a party or shouts "Boo!" from behind a door.



Worried

Worried feels like your tummy is tight and your thoughts keep repeating. You might feel worried if you think you forgot your homework or your parent is late picking you up.



Hurt

Hurt feels like a mix of sadness and pain in your heart or body. You might feel hurt if someone says something mean or if you fall and scrape your knee.



Scared

Scared feels like your heart is racing, your hands might shake, and you want to hide or run. You might feel scared during a thunderstorm, when you're alone in a spooky place at night or when watching a movie with ghosts.

