

Emotions Chart

Emotion	Description	Physical Cues	Behavioral Cues
Happy	A feeling of joy, contentment, or satisfaction.	Smiling, laughing, relaxed body language.	Talking more, being more active, and seeking out social interaction.
Sad	A feeling of sorrow, loss, or disappointment.	Teary eyes, frowning, slumped posture.	Avoiding social interaction, withdrawing from activities, and talking less.
Angry	A feeling of annoyance, irritation, or rage.	Frowning, clenching fists, raised voice.	Yelling, arguing, breaking things, and withdrawing from social interaction.
Scared	A feeling of fear, anxiety, or apprehension.	Fast heartbeat, sweating, trembling.	Avoiding the feared object or situation, seeking comfort from others.
Surprised	A feeling of shock, amazement, or wonder.	Wide eyes, open mouth, startled expression.	Jumping, talking more, asking questions.
Disgusted	A feeling of aversion, revulsion, or loathing.	Scrunching up nose, turning away, gagging.	Talking less, avoiding the disgusting object or situation.