

Children's Feelings List (Ages 8+)

Put an "X" by the feelings you feel everyday.

Put an "✓" by the feelings you feel once a week.

Put an "☺" by the feelings you feel once a month.

Accepted	Fearful	Patient
Afraid	Frightened	Playful
Angry	Frustrated	Pressured
Ashamed	Funny	Puzzled
Awful	Good looking	Rejected
Bad	Guilty	Sad
Bored	Happy	Scared
Brave	Hateful	Shy
Caring	Helpless	Smart
Confident	Important	Special
Confused	Jealous	Surprised
Concerned	Kind	Terrible
Curious	Lonely	Terrified
Depressed	Loved	Tired
Different	Mad	Ugly
Disappointed	Mean	Uncomfortable
Discouraged	Miserable	Understood
Disgusted	Mixed-up	Upset
Disturbed	Nervous	Uptight
Embarrassed	Nice	Wonderful
Excited	Not good enough	Worried