

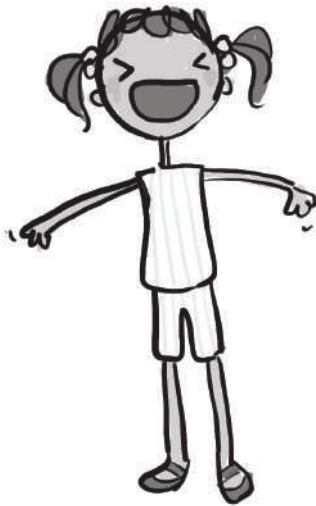
Name \_\_\_\_\_

Date \_\_\_\_\_

mindfulness series

## GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.  
Use the blank templates to create additional feelings cards.



Angry



Annoyed



Anxious



Bored

Name \_\_\_\_\_

Date \_\_\_\_\_

mindfulness series

## GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.  
Use the blank templates to create additional feelings cards.



Brave



Calm



Confident



Confused

Name \_\_\_\_\_

Date \_\_\_\_\_

mindfulness series

## GUIDE TO FEELINGS

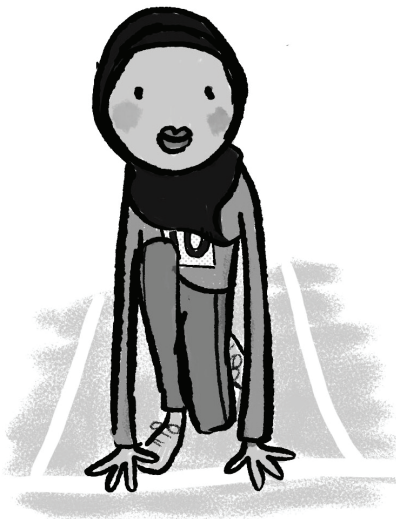
How are you feeling today? Use these cards to explore emotions.  
Use the blank templates to create additional feelings cards.



Creative



Curious



Determined



Embarrassed

Name \_\_\_\_\_

Date \_\_\_\_\_

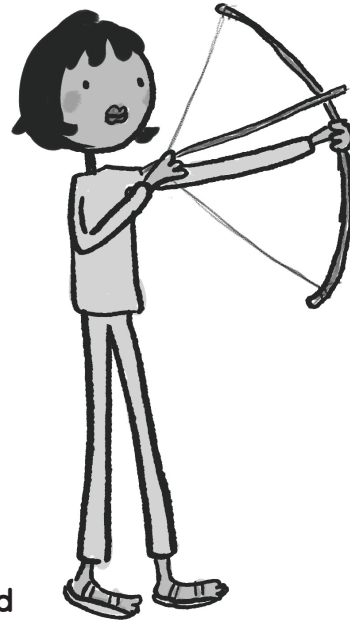
mindfulness series

## GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.  
Use the blank templates to create additional feelings cards.



Excited



Focused



Frustrated



Gloomy

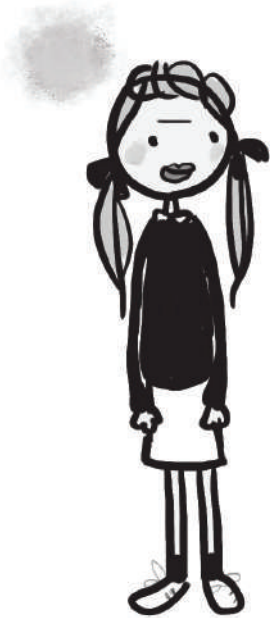
Name \_\_\_\_\_

Date \_\_\_\_\_

mindfulness series

## GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.  
Use the blank templates to create additional feelings cards.



Grumpy



Grateful



Happy



Hopeful

Name \_\_\_\_\_

Date \_\_\_\_\_

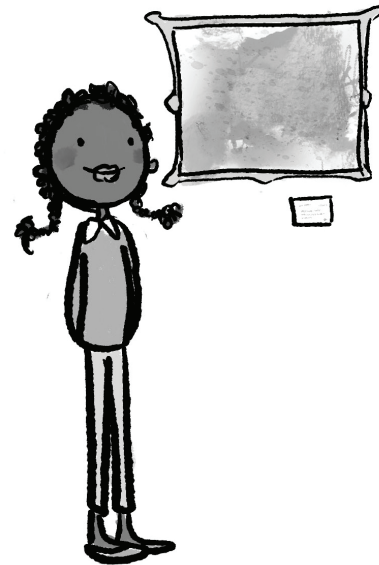
mindfulness series

## GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.  
Use the blank templates to create additional feelings cards.



Hurt



Inspired



Lonely



Moody



Name \_\_\_\_\_

Date \_\_\_\_\_

mindfulness series

## GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.  
Use the blank templates to create additional feelings cards.



Nervous



Peaceful



Proud



Relaxed

Name \_\_\_\_\_

Date \_\_\_\_\_

mindfulness series

## GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.  
Use the blank templates to create additional feelings cards.



Sad



Shy



Silly



Stressed



Name \_\_\_\_\_

Date \_\_\_\_\_

mindfulness series

## GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.  
Use the blank templates to create additional feelings cards.



Strong



Tender



Tired



Worried

Name \_\_\_\_\_

Date \_\_\_\_\_

mindfulness series

## GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.  
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