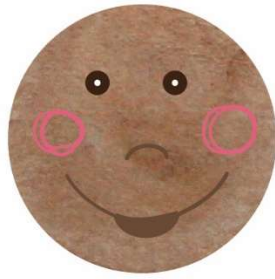guilty

proud

confused

sad

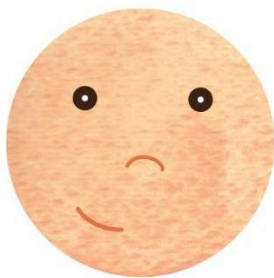lonely

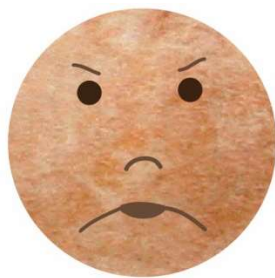afraid

happy

jealous

brave

mad

nervous

disappointed
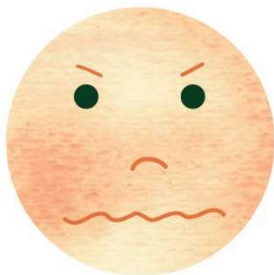
frustrated

grateful

embarrassed

hopeful

The Feelings Chart for www.raisingboysandgirls.com by *Katie Plunkett*

Emotions Are Signals

Happiness	😁	My basic needs are being met.
Sadness	😢	I have lost something.
Anger	😠	Something is blocking me.
Disgust	😒	I need to get away from this.
Fear	😨	I do not feel safe here.

THE CALM CLASSROOM

Emotion Mood Face Chart

| Exicited | Sad | Angry | Sick |
| Surprised | Happy | Unhappy | Bored |

Feelings check in

Happy 🙂

Angry 😠

Excited 😃

OK 😐

Sad 🙁

how emotions can feel in your body

- **sad**: weak, heavy, tired, body aches, hollow, slow, heartless, tearful, blue, beat, weighed down, disconnected
- **angry**: trembling, pounding heart, hot, chest tightness, clenched jaw, fiery, headache, stomach-turning, constricted, burning, clenched, explosive
- **happy**: calm, open, awake, soft, fuzzy, energized, steady, warm, filled
- **anxious**: dizzy, nauseous, stomach-churning, restlessness, sweating, hot flashes, palpitations, back pain, giddy, twitchy, headache, lightheaded, accelerated breathing, tingling, tightness in the chest, pins and needles, cold chills, blurred
- **excited**: activated, energized, pounding heart, tingly, itchy, sparkly, fuzzy, restless, butterflies, bubbly

@mymentalhealthspace

EMOTION CHECK IN

1

2

3

4

5

Wheel 1 (colored)

Core: Peaceful, Powerful, Joyful, Sad, Mad, Scared

Peaceful (green): Thoughtful, Intimate, Loving, Trusting, Nurturing
- Pensive, Relaxed, Responsive, Serene, Sentimental, Thankful

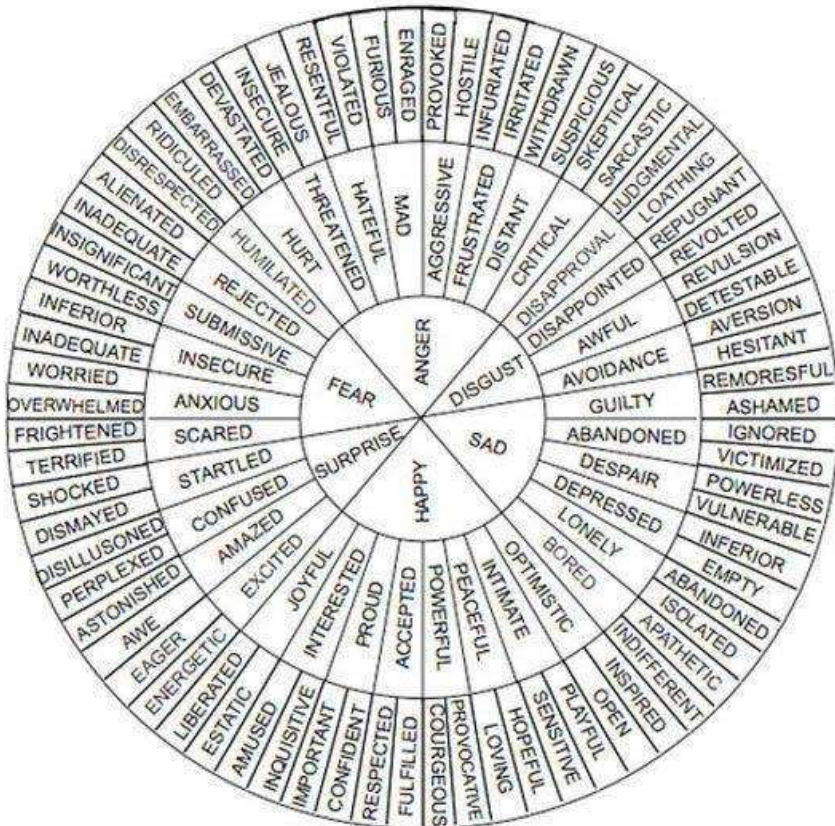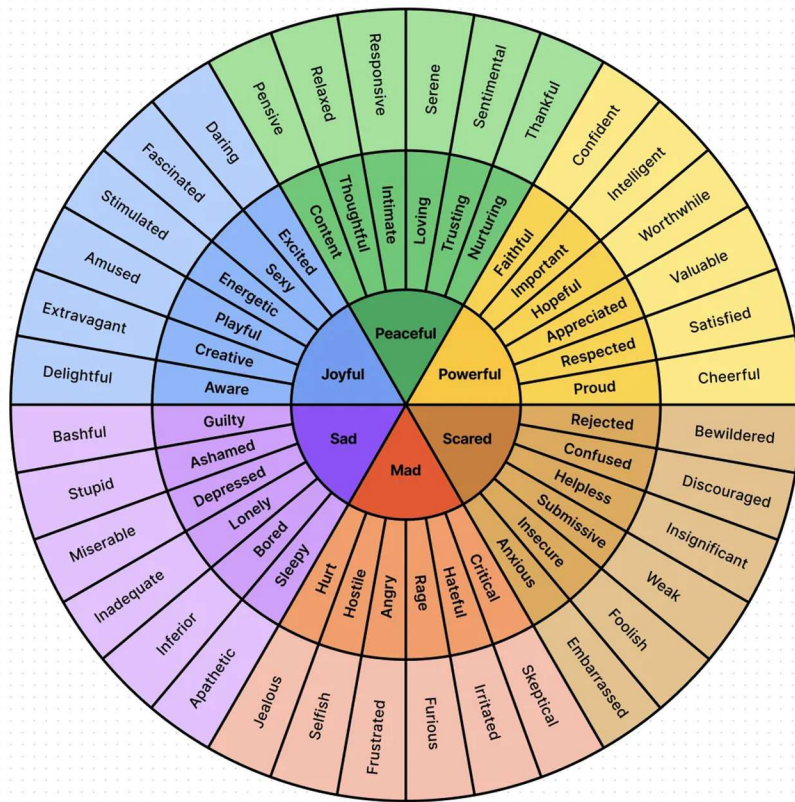Powerful (yellow): Faithful, Important, Hopeful, Appreciated, Respected, Proud
- Confident, Intelligent, Worthwhile, Valuable, Satisfied, Cheerful

Scared (brown/tan): Rejected, Confused, Helpless, Submissive, Insecure, Anxious
- Bewildered, Discouraged, Insignificant, Weak, Foolish, Embarrassed

Mad (orange/red): Critical, Hateful, Rage, Angry, Hostile, Hurt
- Skeptical, Irritated, Furious, Frustrated, Selfish, Jealous

Sad (purple): Guilty, Ashamed, Depressed, Lonely, Bored, Sleepy
- Bashful, Stupid, Miserable, Inadequate, Inferior, Apathetic

Joyful (blue): Excited, Sexy, Energetic, Playful, Creative, Aware
- Daring, Fascinated, Stimulated, Amused, Extravagant, Delightful

Wheel 2 (black & white)

Core: ANGER, DISGUST, SAD, HAPPY, SURPRISE, FEAR

ANGER: MAD, HATEFUL, HURT, THREATENED, AGGRESSIVE, FRUSTRATED, DISTANT, CRITICAL
- JEALOUS, RESENTFUL, VIOLATED, FURIOUS, ENRAGED, PROVOKED, HOSTILE, INFURIATED, IRRITATED, WITHDRAWN, SUSPICIOUS, SKEPTICAL, SARCASTIC, JUDGMENTAL

DISGUST: DISAPPROVAL, DISAPPOINTED, AWFUL, AVOIDANCE
- LOATHING, REPUGNANT, REVOLTED, REVULSION, DETESTABLE, AVERSION, HESITANT

SAD: GUILTY, ABANDONED, DESPAIR, DEPRESSED, LONELY, BORED
- REMORESFUL, ASHAMED, IGNORED, VICTIMIZED, POWERLESS, VULNERABLE, INFERIOR, EMPTY, ABANDONED, ISOLATED, APATHETIC, INDIFFERENT

HAPPY: OPTIMISTIC, INTIMATE, PEACEFUL, POWERFUL, ACCEPTED, PROUD, INTERESTED, JOYFUL
- INSPIRED, OPEN, PLAYFUL, SENSITIVE, HOPEFUL, LOVING, PROVOCATIVE, COURGEOUS, FULFILLED, RESPECTED, CONFIDENT, IMPORTANT, INQUISITIVE, AMUSED, ESTATIC, LIBERATED, ENERGETIC

SURPRISE: EXCITED, AMAZED, CONFUSED, STARTLED
- EAGER, AWE, ASTONISHED, PERPLEXED, DISILLUSONED, DISMAYED, SHOCKED

FEAR: SCARED, ANXIOUS, INSECURE, SUBMISSIVE, REJECTED, HUMILIATED
- TERRIFIED, FRIGHTENED, OVERWHELMED, WORRIED, INADEQUATE, INFERIOR, WORTHLESS, INSIGNIFICANT, INADEQUATE, ALIENATED, DISRESPECTED, RIDICULED, EMBARRASSED, DEVASTATED, INSECURE

People don't want to be talked out of their feelings. People want to be heard, seen, felt, and understood.

Rachel Samson

there's no such thing as a *wrong* emotion

Feel the feeling but don't become the emotion. Witness it. Allow it. Release it.

-Crystal Andrus

TOXIC STATEMENTS

Just stay positive!

Good vibes only!

It could be worse.

Things happen for a reason.

Failure isn't an option.

Happiness is a choice.

NON-TOXIC ALTERNATIVES

I'm listening.

I'm here no matter what.

That must be really hard.

Sometimes, bad things happen. How can I help?

Failure is a part of life.

Your feelings are valid.

New Roads
BEHAVIORAL HEALTH