

Feelings Cards

Cut-out Set | Large Print | FairCare Self-Reflection

Instructions: Print all pages. Cut along the dashed line on each page. Place the cards on the table face-up. Pick the card that shows how you feel right now.



Happy

I feel good.

Because...

< cut here



Sad

I feel low.

Because...

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Worried

Something is on my mind.

Because...

✂ cut here



Angry

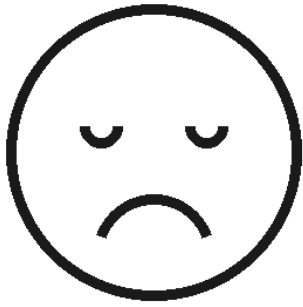
I feel frustrated.

Because...

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Tired

I have no energy.

Because...

✂ cut here



Calm

I feel settled.

Because...

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Hopeful

Things may get better.

Because...

✂ cut here



Overwhelmed

Too much at once.

Because...

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