

Feelings Cards

Reference Sheet | FairCare Self-Reflection

Look at the faces below. Point to or name the face that is closest to how you feel right now. There is no right or wrong answer.



Happy

I feel good.



Sad

I feel low.



Worried

Something is on my mind.



Angry

I feel frustrated.



Tired

I have no energy.



Calm

I feel settled.



Hopeful

Things may get better.



Overwhelmed

Too much at once.