

# Feelings cards



CONFUSED



CALM



DISAPPOINTED



LOVED



SAD



HURT



SLEEPY



WORRIED

# Feelings cards



SHOCKED



HAPPY



THANKFUL



ANGRY



DISGUSTED



SURPRISED



STRESSED



SCARED



confused



silly



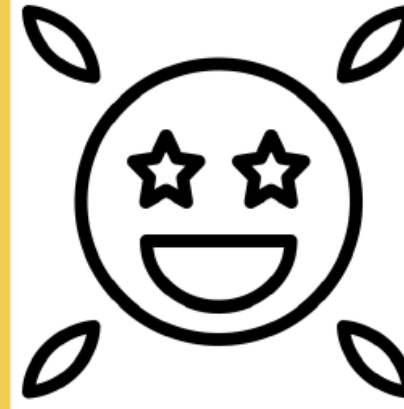
disappointed



loved



embarrassed



excited



happy



proud



sad



hurt



tired



worried



mad



scared



upset



curious



stressed



unsure



frustrated



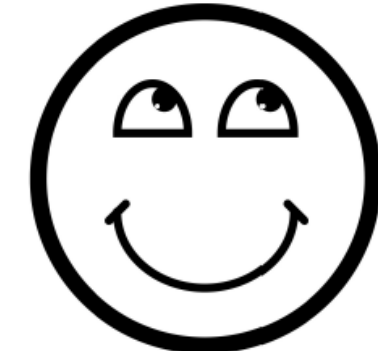
unimpressed



shy



relieved



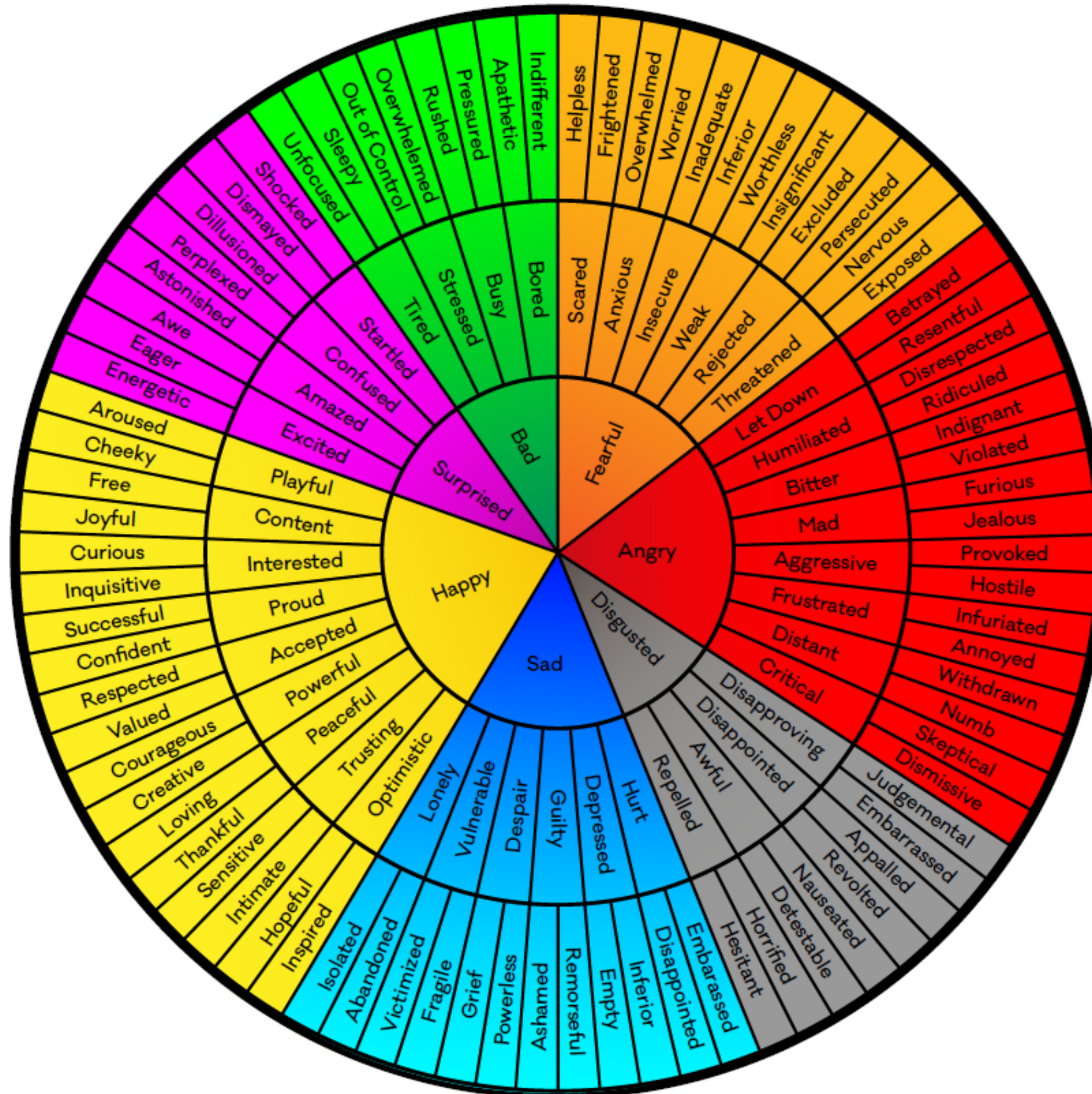
secretive



mischievous

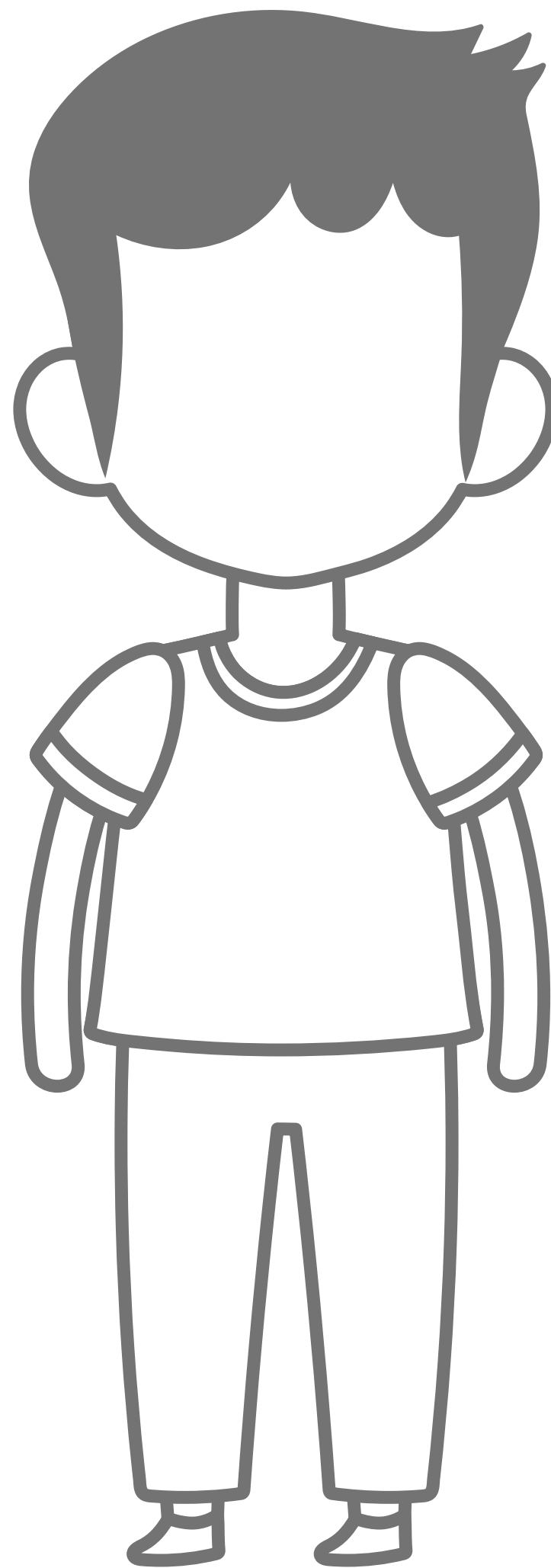
## Feelings cards

# Feelings wheel



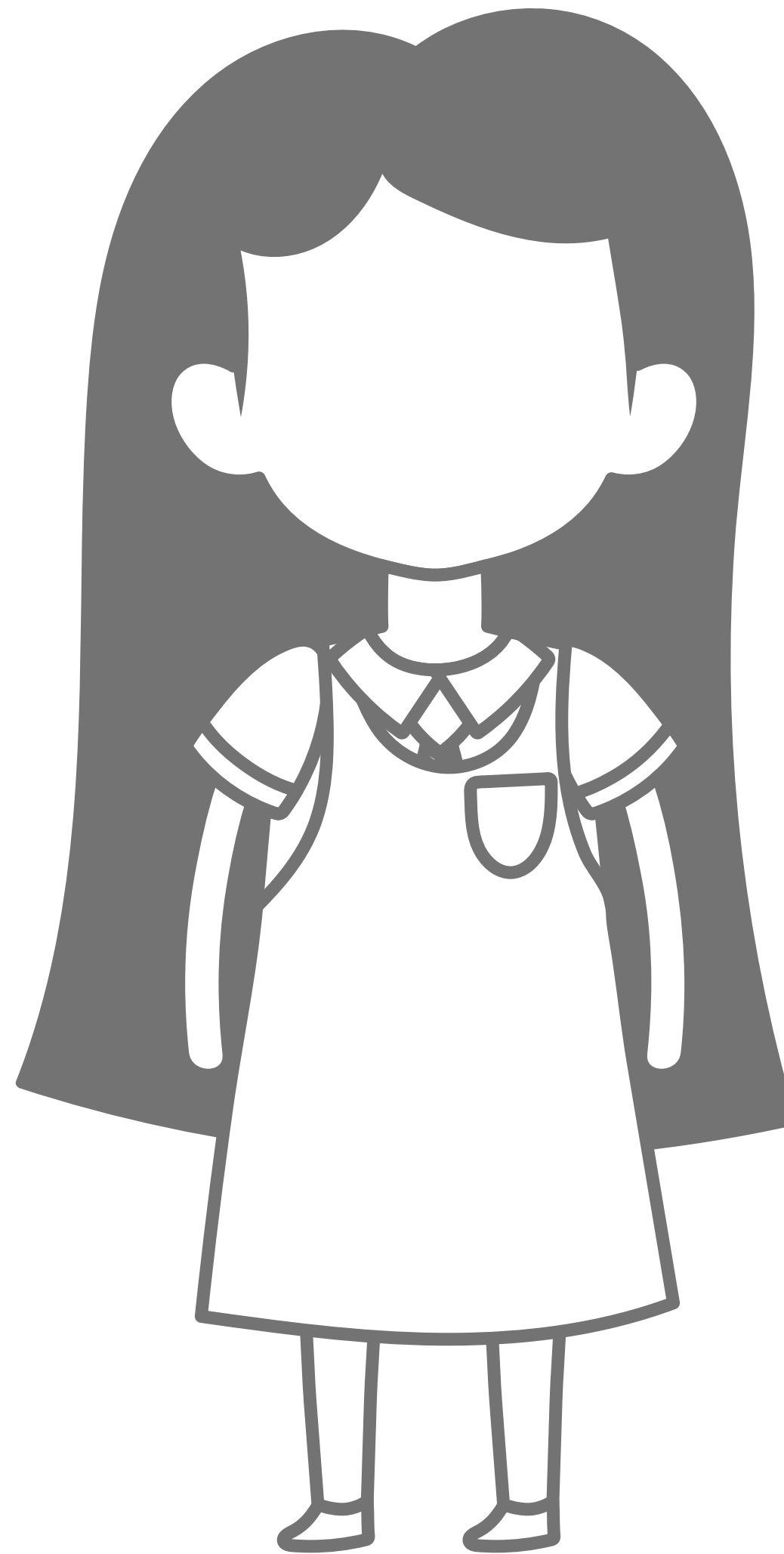
## When anxiety shows up, it feels like:

Dizzy  
Racing  
Tension  
Achy  
Sore  
Hot  
Cold  
Tingly  
Relaxed  
Trembling  
Numb  
Sharp  
Nausea  
Breathless  
Shivering  
Sweating  
Trouble swallowing  
Tired



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