

MY BOOK OF

EMOTIONS

HAPPY

EXCITED

CALM

RELAXED

SILLY

CONFIDENT

BRAVE

L O V I N G

L O V E D

E N E R G E T I C

K I N D

C H E E R F U L

G I G G L Y

L O U D

Q U I E T

P L A Y F U L

S A F E

F O C U S E D

C O N F U S E D

DISAPPOINTED

LONELY

UPSET

WORRIED

A F R A I D

N E R V O U S

E M B A R R A S S E D

O V E R W H E L M E D

S A D

T I R E D

D I S G U S T E D

S E R I O U S

F R I E N D L Y

S H Y

W I L D

B O R E D

A N G R Y

F R U S T R A T E D

U N C O M F O R T A B L E

S U R P R I S E D