



# MY FEELINGS

Key:

Colour	I feel this way...
	often
	sometimes
	Never/hardly ever

Instructions:

- Choose three colours to colour in the key.
- Then look at each feeling in turn.
- Colour in each feeling based on how often you feel this way.

A collection of 20 circles, each containing a feeling word, arranged in a cluster. The words are: Confident, Happy, Worried, Angry, Depressed, Upset, Sad, Safe, Lonely, Shy, Hurt, Responsible, Jealous, Embarrassed, Guilty, Unwanted, Relaxed, Wanted, and Independent.