

# How do you feel?

## Unpleasant emotions:



Aggressive



Angry



Annoyed



Anxious



Ashamed



Bored



Cautious



Confused



Depressed



Disappointed



Disbelieving



Disgusted



Embarrassed



Enraged



Exasperated



Exhausted



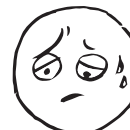
Frightened



Frustrated



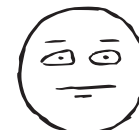
Guilty



Helpless



Hurt



Indifferent



Jealous



Lonely



Miserable



Numb



Overwhelmed



Puzzled



Regretful



Resistant



Sad



Shocked



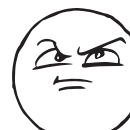
Shy



Smug



Sorry



Stubborn



Stupid



Suspicious



Trapped



Withdrawn

## Pleasant emotions:



Calm



Clear



Compassionate



Confident



Curious



Determined



Ecstatic



Empowered



Happy



Hopeful



Inspired



Interested



Joyful



Liberated



Loving



Loved



Open



Optimistic



Surprised



Relaxed



Relieved



Satisfied

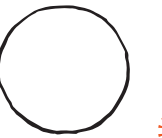
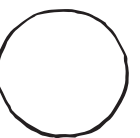
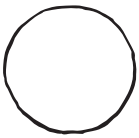
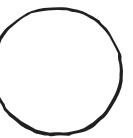
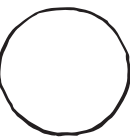
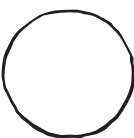
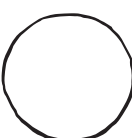
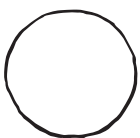


Thankful



Thoughtful

## Draw your own:



# Emoji Poster Definitions

Aggressive	Angry, and behaving in a threatening way; ready to attack; acting with force to succeed.
Angry	A strong feeling against someone, making you want to shout at them or hurt them; having strong feelings about something that you dislike very much or about an unfair situation.
Annoyed	Feeling slightly angry
Anxious	Feeling worried or nervous.
Ashamed	Feeling sad or embarrassed about something you have done.
Bored	Feeling unhappy because something is not interesting or because you have nothing to do.
Calm	Not angry, upset, or excited; peaceful, quiet, and without worry.
Cautious	Very careful about what you do or say and unwilling to take risks because you want to avoid possible problems or danger.
Clear	Free from doubt or confusion, able to think well and in an accurate way without confusion.
Compassionate	Feeling or showing concern for someone who is sick, hurt, poor, or suffering; feeling or showing empathy or sadness for the suffering or bad luck of others, and wanting to help them.
Confident	Feeling sure about your own ability to do things and be successful.
Confused	Unable to think clearly or to understand something.
Curious	Interested in learning about people or things around you.
Depressed	Very sad and without hope.
Determined	Having made a definite decision to do something and not letting anyone prevent you.
Disappointed	Unhappy because someone or something was not as good as you hoped or expected, or because something did not happen.
Disbelieving	To not accept something is true or real.
Disgusted	A strong feeling of dislike for somebody/something that you feel is unacceptable, or for something that looks, smells, etc. unpleasant.
Ecstatic	Extremely happy or excited.
Embarrassed	To feel shy, uncomfortable or ashamed, especially in a social situation.
Empowered	To feel you have the confidence, skills, freedom, etc to do something
Enraged	A feeling of violent anger that is difficult to control.
Exasperated	Extremely annoyed, especially if you cannot do anything to improve the situation.
Exhausted	Extremely tired.
Frightened	Feeling fear or worry.
Frustrated	Feeling annoyed or less confident because you cannot achieve what you want; having no effect; not being satisfied.
Guilty	Feeling ashamed because you have done something that you know is wrong or have not done something that you should have done.
Happy	Feeling or showing pleasure; pleased.
Helpless	Unable to care for yourself or protect yourself against danger.
Hopeful	Believing that something you want will happen.
Hurt	To feel pain, physically or emotionally.

Indifferent	Having or showing no interest in somebody/something.
Inspired	Wanting to create something, especially in art, literature or music; feeling full of hope or encouraged.
Interested	Wanting to give your attention to something or someone and discover more about it/them.
Jealous	Feeling angry or unhappy because you wish you had something that somebody else has.
Joyful	Feeling, causing, or showing great happiness.
Liberated	Freed from traditional attitudes, ways of behaving, or old ideas.
Lonely	Unhappy because you are not with others.
Loving	Feeling or showing strong affection for someone or something.
Loved	Feeling strong or constant affection, interest or enthusiasm from someone, usually a friend or family member.
Miserable	Very unhappy; feeling sad.
Numb	Not able to feel any emotions or to think clearly, because you are so shocked or frightened; unable to feel, think or react in the normal way.
Open	Willing to listen to and think about new ideas.
Optimistic	Hoping or believing that good things will happen in the future.
Overwhelmed	Feeling that something or someone is too much to deal with; having too much to manage.
Puzzled	Feeling confused because you do not understand something.
Regretful	Showing that you feel sorry about something that has happened or been done, especially a loss or missed opportunity.
Relaxed	Calm and free from stress, worry, or anxiety; feeling happy and comfortable because nothing is worrying you.
Relieved	Feeling relaxed and happy because something difficult or unpleasant has been stopped, ended, avoided, or made easier.
Resistant	Opposed to something; wanting to prevent something from happening; not accepting something.
Sad	Unhappy or showing unhappiness.
Satisfied	Pleased because you have achieved something or because something that you wanted to happen has happened.
Shocked	Surprised or upset because something unexpected and unpleasant has happened.
Shy	Feeling nervous and uncomfortable with meeting and talking to other people.
Smug	Looking or feeling too pleased about something you have done or achieved.
Sorry	Feeling sorrow or regret; feeling sadness, sympathy, or disappointment because something unpleasant has happened or been done.
Stubborn	Refusing to change your ideas; determined to do what you want and refusing to do anything else.
Stupid	Feeling unintelligent or unwise; feeling that you do not have good judgment or the ability to learn and understand things.
Surprised	A feeling caused by something happening suddenly or unexpectedly.
Suspicious	Feeling doubt or no trust in someone or something; when you feel that something that is happening is wrong.
Thankful	Glad that something has happened or not happened, that something or someone exists, etc.; happy or grateful because of something.
Thoughtful	Carefully considering things; kind and thinking about how you can help other people; considering the needs of others.
Trapped	Being in a dangerous or unpleasant situation from which it is difficult or impossible to escape.
Withdrawn	Preferring to be alone and taking little interest in other people, shy.

