

# Feelings Cards



**HAPPY**

glad, cheerful, joyful,  
bright, content



**SAD**

unhappy, down, blue,  
tearful, miserable



**ANGRY**

cross, mad, grumpy,  
annoyed, irritated



**SCARED**

afraid, nervous, worried,  
anxious, frightened



**EXCITED**

thrilled, overjoyed, energetic,  
eager, cheerful



**Free Download**

self,



**SHY**

quiet, nervous, timid,  
bashful, unsure



**WORRIED**

nervous, uneasy, concerned,  
anxious, restless



**CONFUSED**

mixed up, unsure, lost,  
puzzled, unclear



**CALM**

relaxed, peaceful, quiet,  
still, easy-going



**LONELY**

alone, left out, isolated,  
empty, unwanted



**DISAPPOINTED**

let down, sad, unhappy,  
hurt, discouraged



**SILLY**

playful, goofy, wacky,  
funny, clownish



**EMBARRASSED**

ashamed, shy, awkward,  
flustered, uncomfortable

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**JEALOUS**

envious, wanting, left out,  
longing, resentful



**TIRED**

sleepy, exhausted, weary,  
worn out, drowsy



**PROUD**

pleased, happy with myself,  
confident, strong



**SHY**

quiet, nervous, timid,  
bashful, unsure



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# About this Resource

These free printable feelings cards for kids are designed to help children recognise, understand, and talk about their emotions. They are ideal for use at home, in classrooms, in therapy, or by social workers and counsellors supporting children's emotional wellbeing.

Each emotion card for children features a clear feeling word such as happy, sad, angry, scared, or worried, along with related words to expand emotional vocabulary. This makes the cards useful for emotional literacy activities, counselling sessions, and mental health resources for children.

## **How Feelings Cards Can Be Used**

- In schools to support PSHE lessons and emotional literacy learning
- In social work or counselling sessions to help kids open up about their feelings
- At home to encourage positive conversations about emotions and behaviour
- As part of emotional awareness worksheets or activities to support resilience and self-regulation

## **Why These Feelings Cards Help**

- Supports children to identify and express emotions clearly
- Encourages communication between children and adults
- Builds emotional vocabulary and self-awareness
- Provides a simple, engaging tool for teachers, parents, and professionals

[www.SocialWorkersToolBox.com](http://www.SocialWorkersToolBox.com)