

How do you feel today?

☐	☐	☐	☐	☐	☐	☐
Happy	Angry	Scared	Shy	Sleepy	Confident	Content
☐	☐	☐	☐	☐	☐	☐
Excited	Chagrined	Disappointed	Grouchy	Grumpy	Surprised	
☐	☐	☐	☐	☐	☐	☐
Prudent	Grieving	Happy	Frustrated	Fresh	Fulfilled	Lonely
☐	☐	☐	☐	☐	☐	☐
Intimidated	Anxious	Jealous	Lonely	Negative	Nervous	Optimistic
☐	☐	☐	☐	☐	☐	☐
Enervated	Enraptured	Disgusted	Disheartened	Tired	Fulfilled	Shocked
☐	☐	☐	☐	☐	☐	☐
Stressy	Indifferent	Surprised	Sympathetic	Thoughtful	Unexcited	Unpleasant

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