Two feelings can fit

Think of a moment from today. Pick one or two cards that fit how you felt.
You can point, cut out a card, or write below. You choose what to share.

Excitement

A good kind of buzz about something coming up.

What are you looking forward to?

Worry

A thought that keeps asking what might go wrong.

What keeps popping into your mind?

Pride

Feeling pleased about something you did.

What took effort, even if it looked easy?

Disappointment

That sinking feeling when things turn out differently.

What had you hoped would happen?

Calm

Feeling settled enough to take your time.

When did you feel at ease today?

Feeling wronged

Feeling upset because something seems unfair.

What do you wish someone understood?

Put your feelings into a sentence

“I was excited to show my drawing and worried someone might laugh.”