

o MUSIC  city COUNSELOR

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Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

o ♥ **WEBSITE:** www.musiccitycounselor.com

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Directions:

This resource includes 23 feelings posters that describe how each emotion looks and feels in our body and brain.

Full page and quarter-page posters are included.

1. Shy
2. Happy
3. Sad
4. Angry
5. Excited
6. Bored
7. Proud
8. Silly
9. Scared
10. Disappointed
11. Surprised
12. Confused
13. Embarrassed
14. Grumpy
15. Tired
16. Confident
17. Curious
18. Nervous
19. Grateful
20. Stressed
21. Disgusted
22. Jealous
23. Calm

Questions, comments, or suggestions? Please contact me any time at laura@musiccitycounselor.com. I'm here to help!

PS I so appreciate when you please leave feedback on my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow! 😊

Full Page
Posters

Today I feel SHY

Eyes looking
down

Uncomfortable

Shaky
Voice

Racing
heart

Rosy
cheeks

Sweating,
hot

Quiet and
to myself

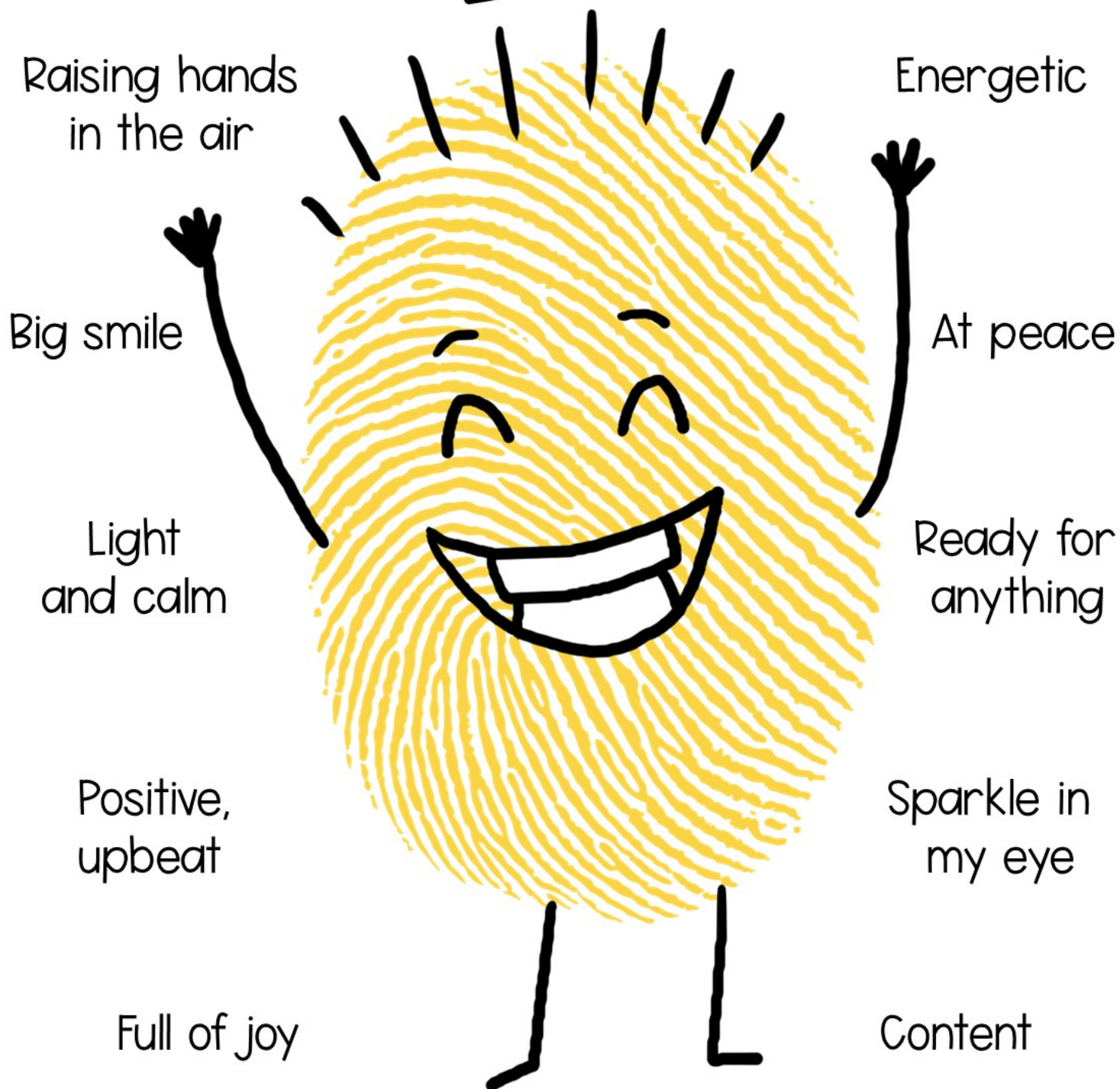
Unsure of
myself

Afraid to try
something new

Not wanting
to be noticed



Today I feel **HAPPY**



Today I feel SAD

Shoulders slumped

Eyes looking down

Tired

Crying

Wanting to be alone

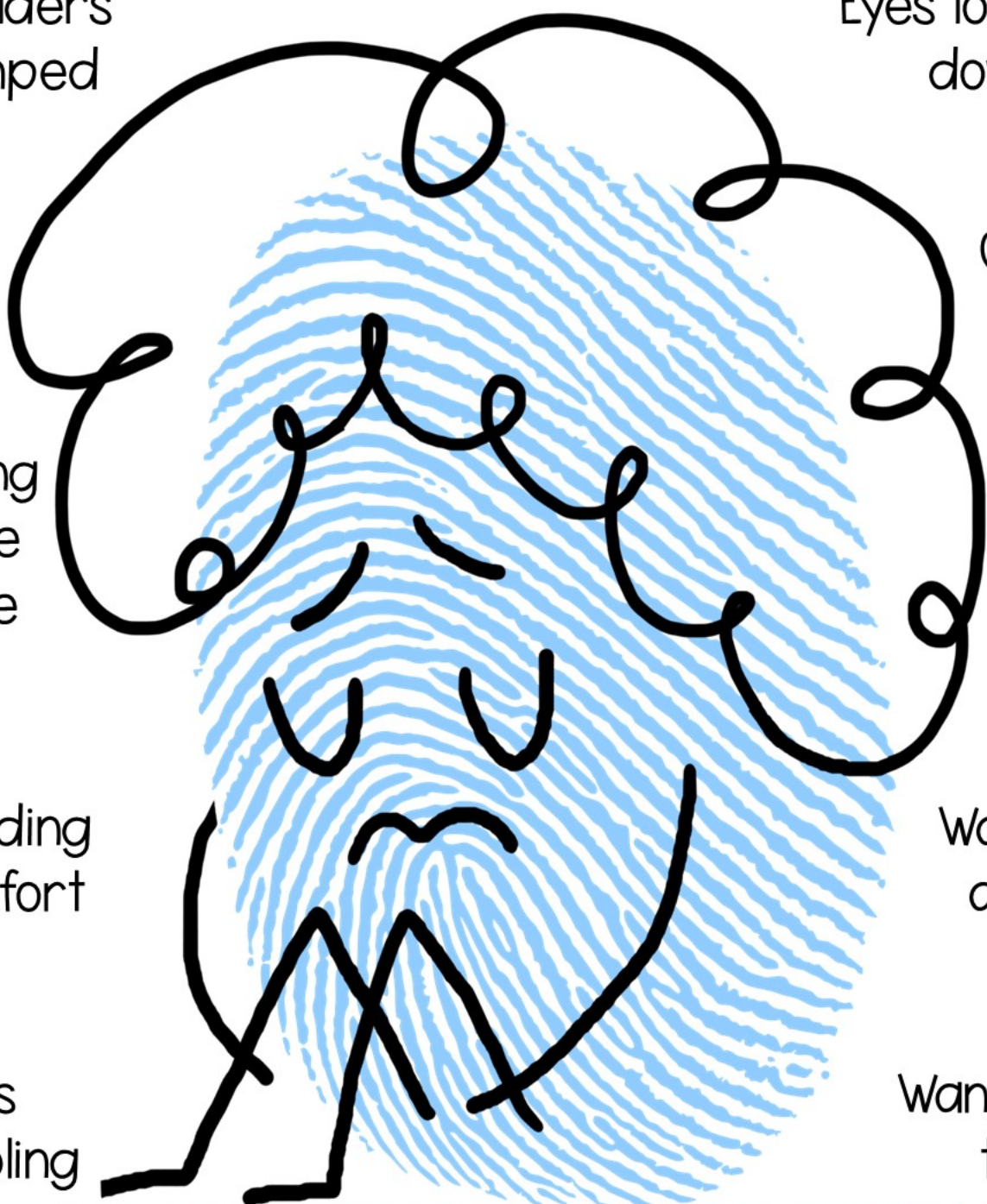
Pouting lip

Needing comfort

Wanting a hug

Lips trembling

Wanting to talk



Today I feel **ANGRY**

Heart racing

About to explode

Sweating, hot

Red face

Tight, tense

Arms crossed

Hands in fists

Furrowed eyebrows

Shallow, quick breaths

Yelling, screaming



Today I feel **EXCITED**

Big smile

Happy,
thrilled

Raising hands
in the air

Jumping
up and down

A burst of
energy

Ready for
anything

Full of joy

Skipping

Upbeat

Cheering



Today I feel **BORED**

Eyes looking
down

Disinterested

Shoulders
slumped

Distracted

Mind
wandering

Frustrated

Can't
focus

Furrowed
eyebrows

Low energy

Tired



Today I feel **PROUD**

Head held
high

Standing
tall

Warm
smile

Like a role
model

Strong

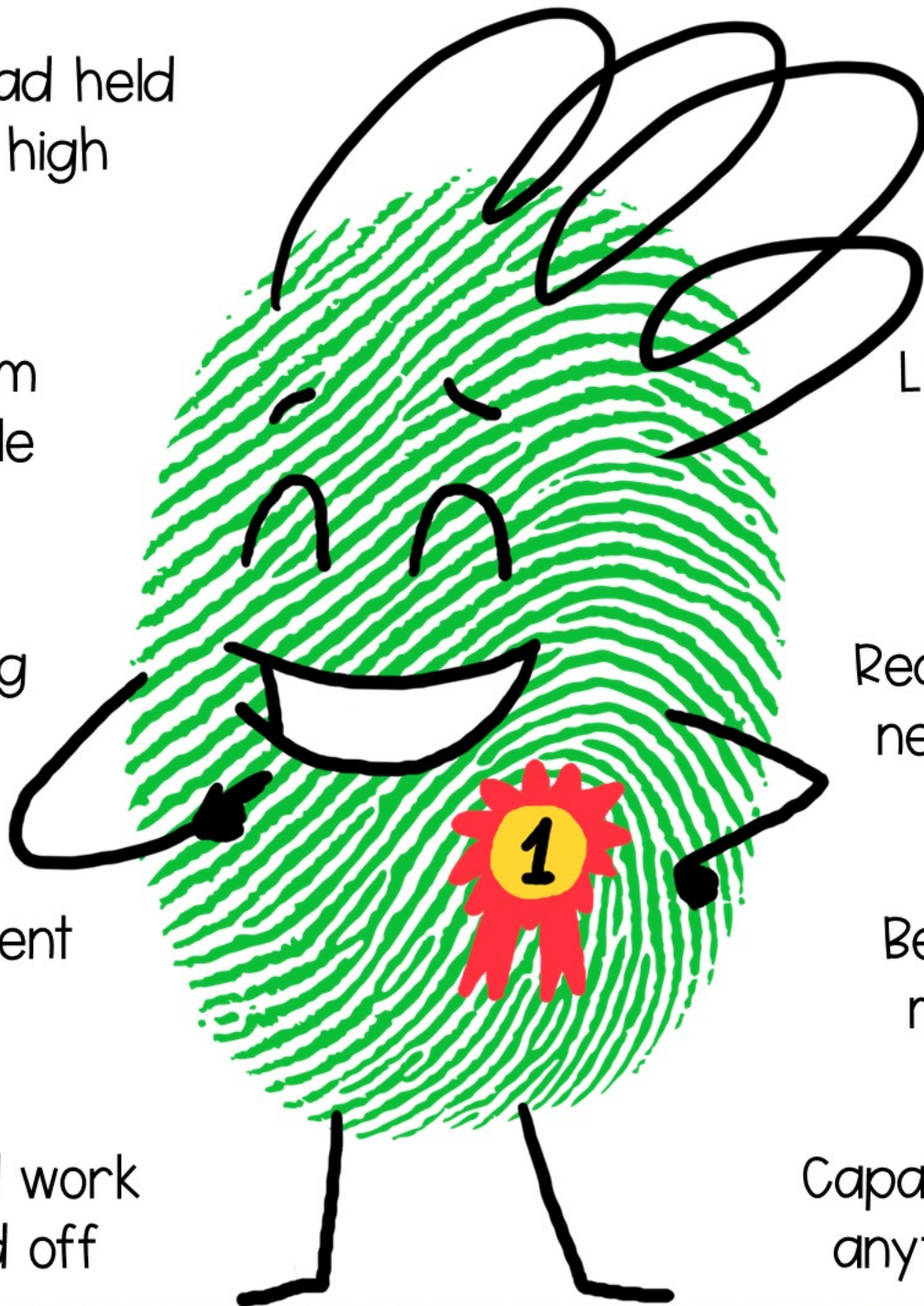
Ready to try
new things

Confident

Belief in
myself

Hard work
paid off

Capable of
anything



Today I feel SILLY



Today I feel **SCARED**

Teeth
clenched

Cold, clammy
hands

Sweating,
hot

Feeling
unsafe

Shoulders
slumped

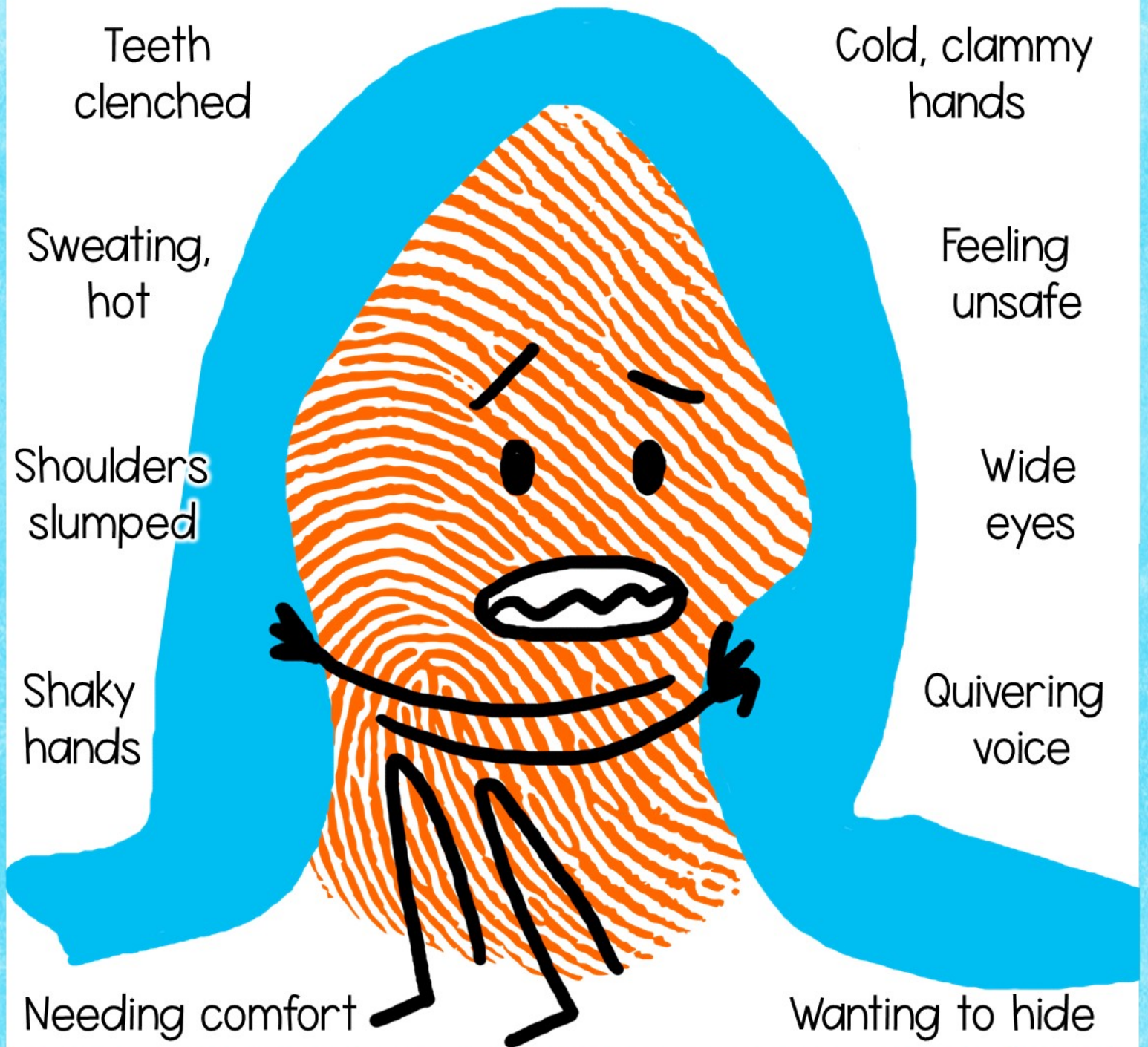
Wide
eyes

Shaky
hands

Quivering
voice

Needing comfort

Wanting to hide



Today I feel DISAPPOINTED

Frowning

Eyes looking down

Shoulders slumped

Hands covering face

Wishing things were different

Wanting to be alone

Frustrated

Hopeless

Sad

Let down



Today I feel **SURPRISED**

Open
mouth

Raised
eyebrows

Hands
covering
mouth

Something
unexpected
happened

Gasping

Startled

Wide open
eyes

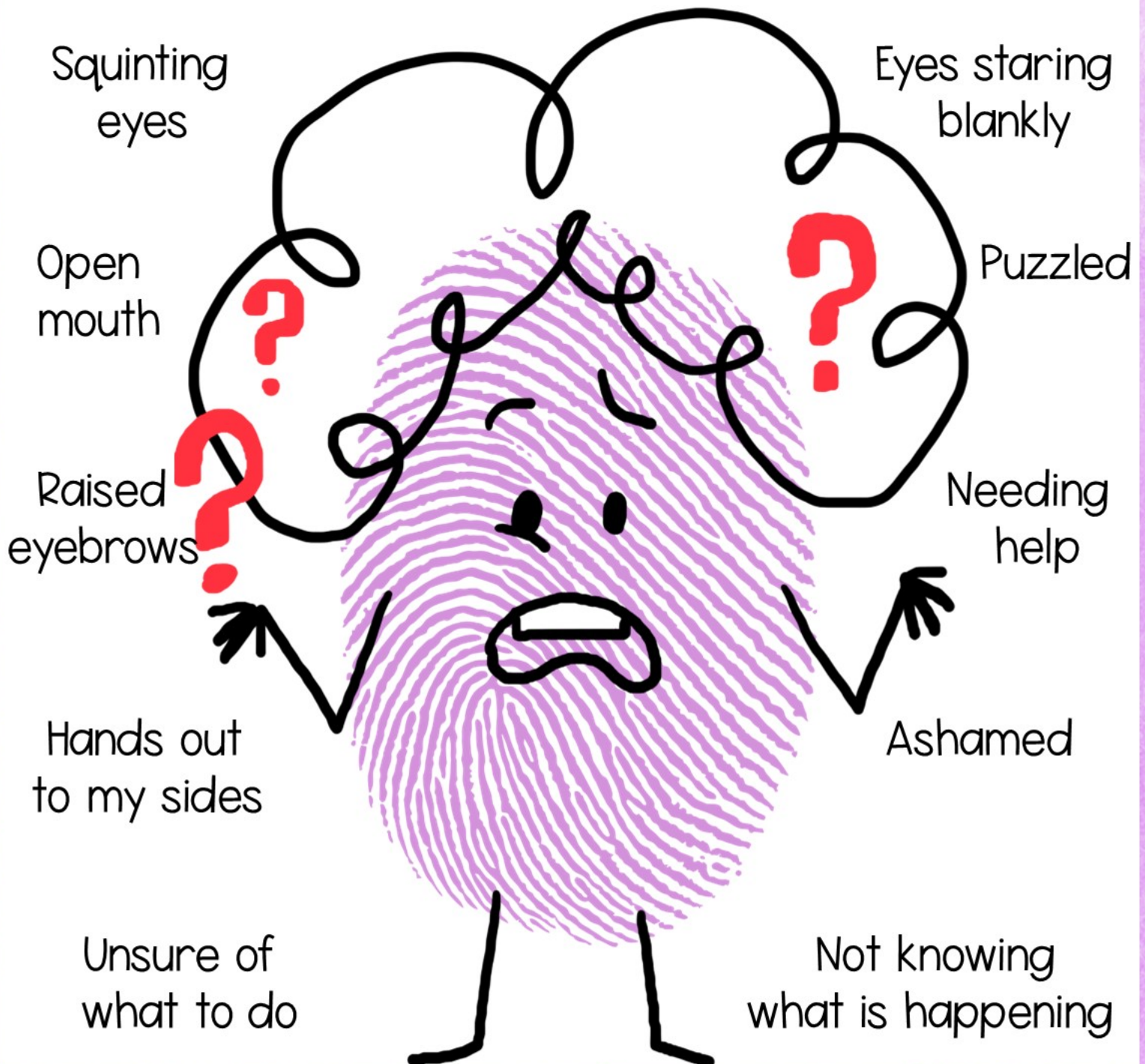
Needing to
calm down

Shocked

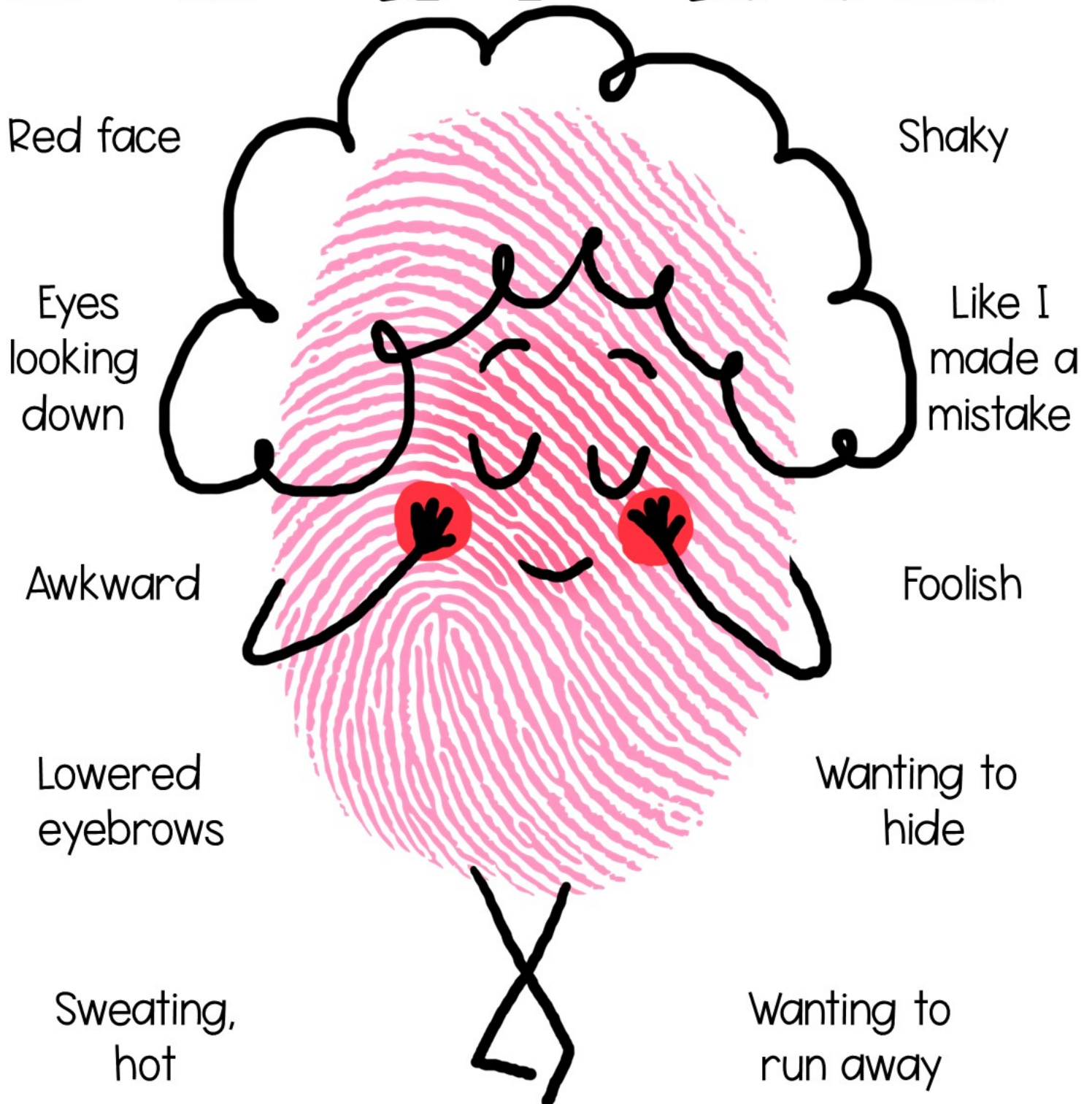
In disbelief



Today I feel CONFUSED



Today I feel **EMBARRASSED**



Today I feel **GRUMPY**

Furrowed
eyebrows



A black
cloud over me

Sad

Frustrated

Arms
crossed



Like I want
to be alone

Slumped
shoulders

May be
hungry or tired

Like nothing is
going right

Like everything
is bugging me

Today I feel

TIRED

Eyes looking
down



Not able to
do anything

Exhausted,
weak

Yawning

Slumped
shoulders

Eyes
watering

Like I need
a break

Like I need to
sit or lay down

Eyes closing

Cold, chilly



Today I feel CONFIDENT

Head held
high

Like I can
do anything

Eyes looking up
and ahead

Ready for
challenge

Standing up
straight

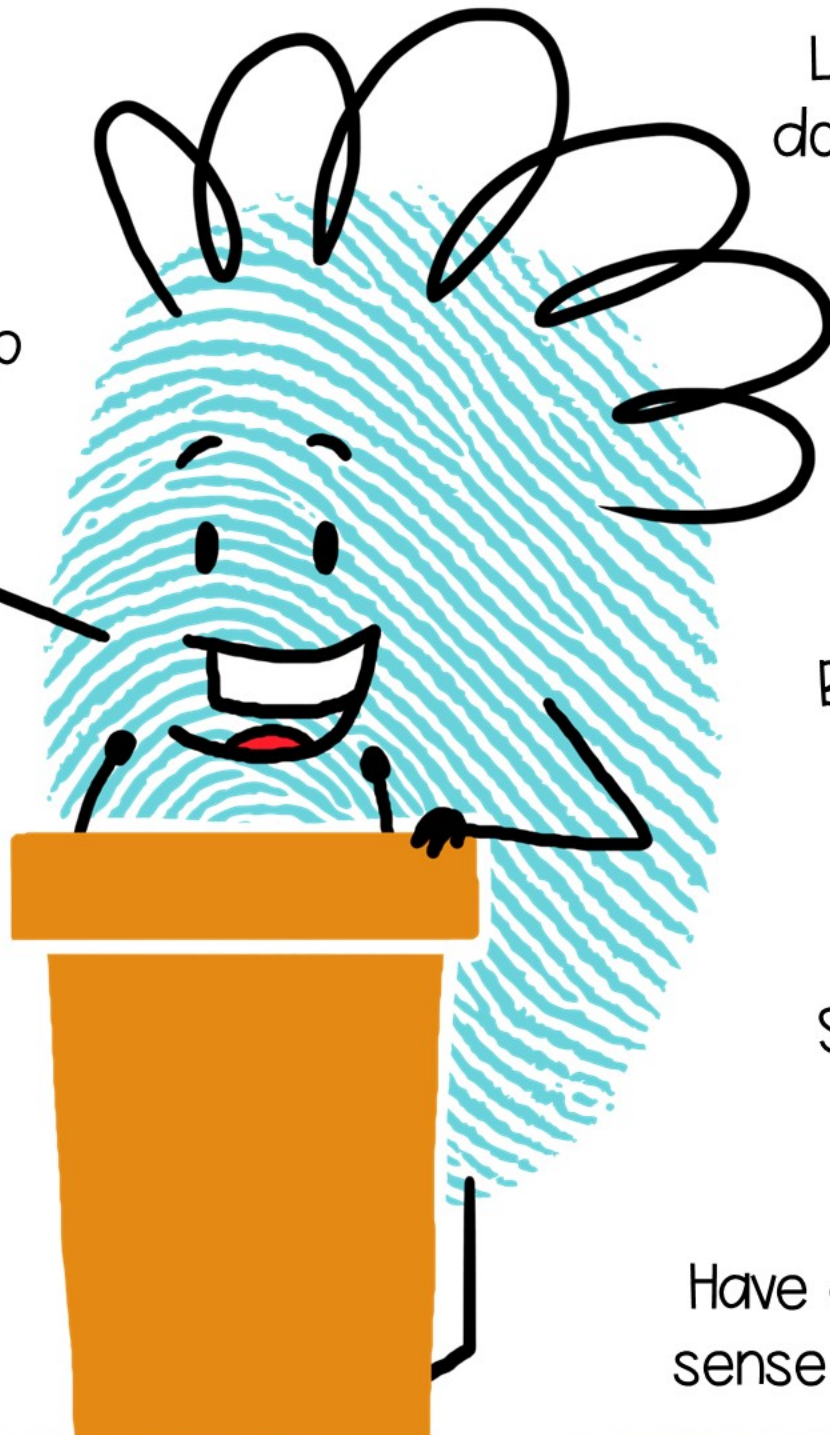
Belief in
myself

Proud smile

Strong

Upbeat

Have a true
sense of self



Today I feel CURIOUS

Ready to
learn

Inquisitive, full
of questions

Eyebrows
raised

Body
leaning in

Motivated

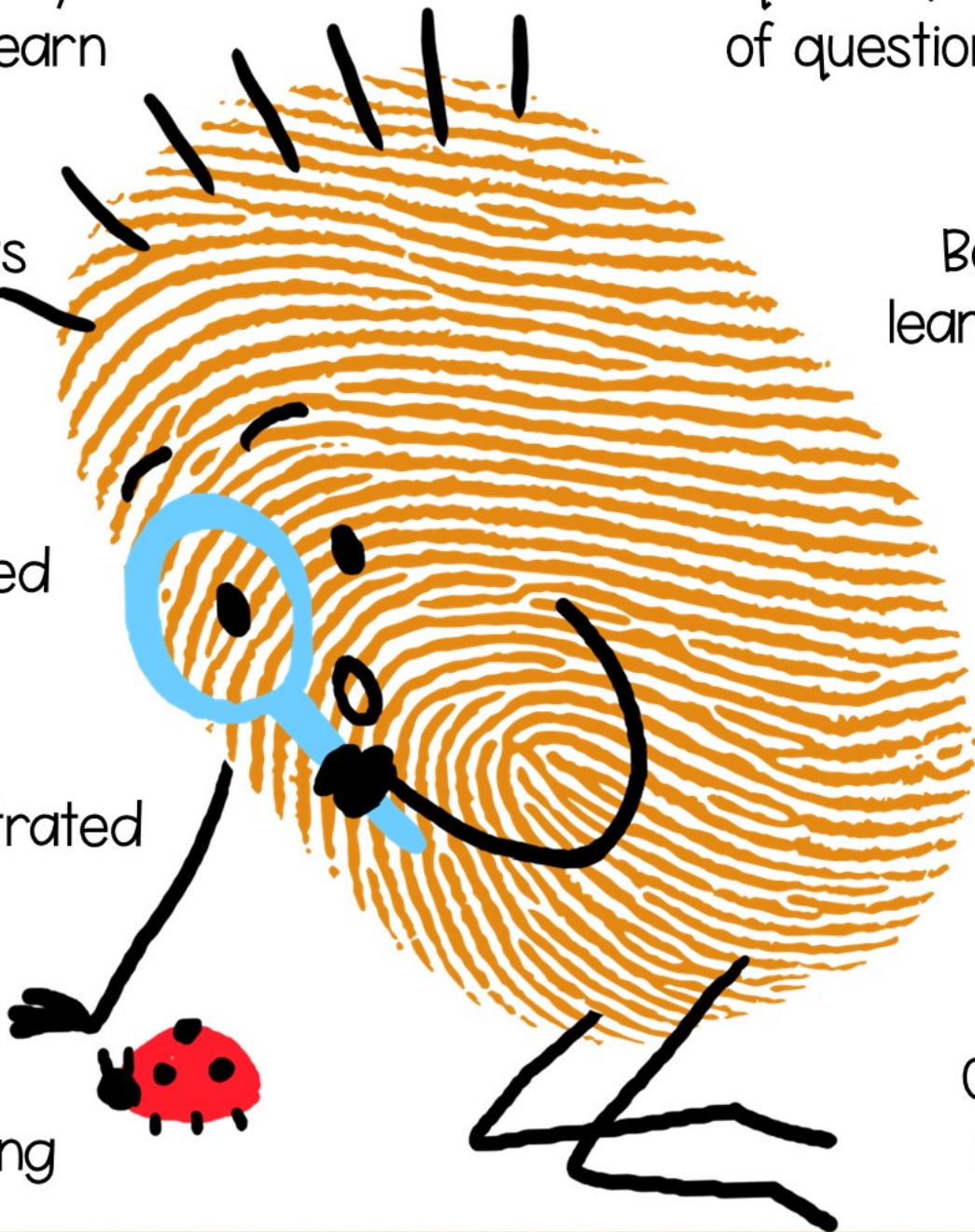
Focused

Concentrated

Seeking
answers

Like
exploring

Open
mind



Today I feel **NERVOUS**

Sweating,
hot

Unsure,
uncomfortable

Shaky

Heart racing

Eyes darting
around

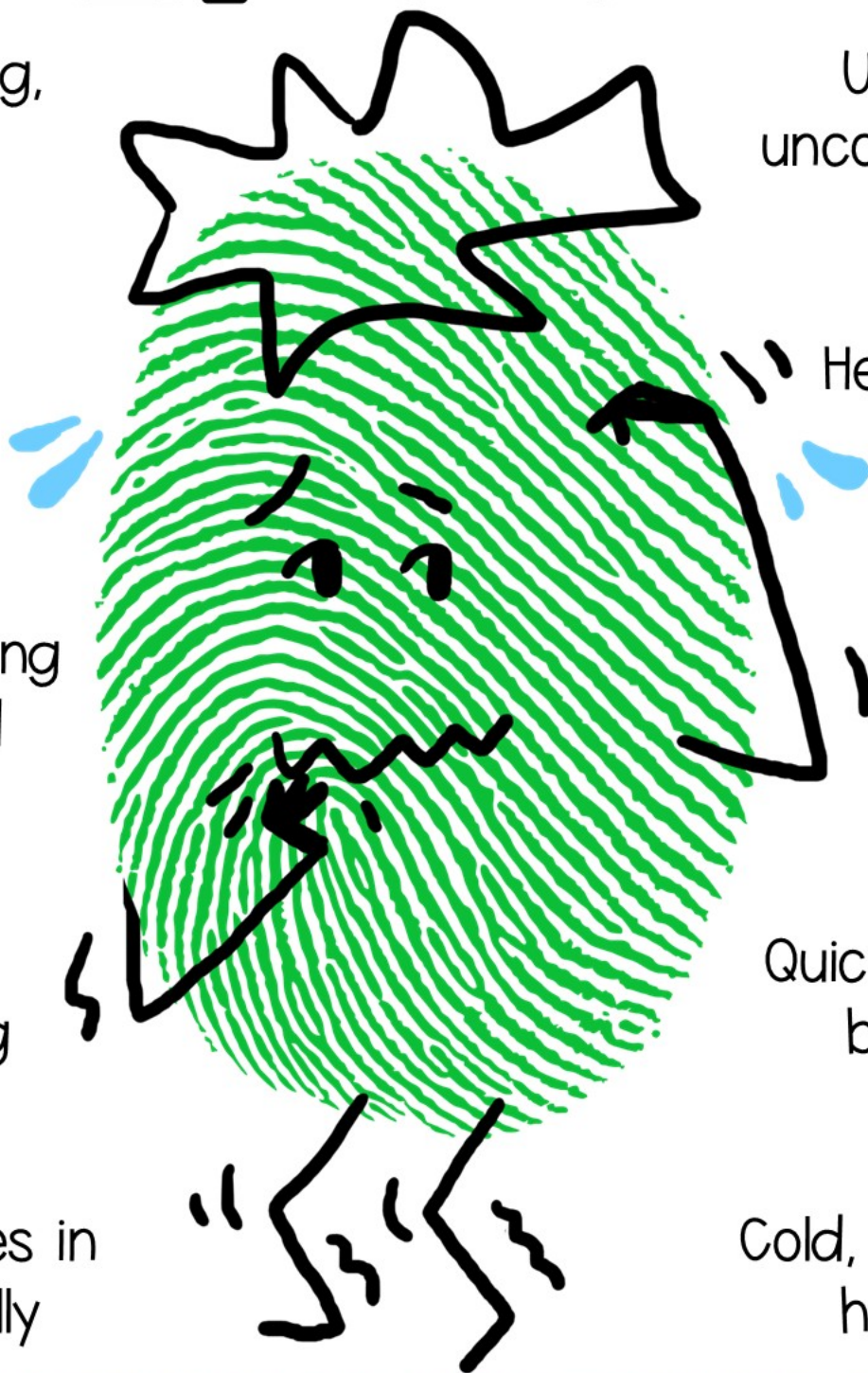
Worried,
scared

Voice
quivering

Quick, shallow
breaths

Butterflies in
my belly

Cold, clammy
hands



Today I feel GRATEFUL

Loved

Thankful

Full of joy

Seen

thanks



Included

Hands on
my heart

Big smile

Saying, "thank
you"

Like I have just
what I need

Today I feel **STRESSED**

Quick, shallow
breaths

Unsure,
uncomfortable

Overwhelmed

Heart
racing

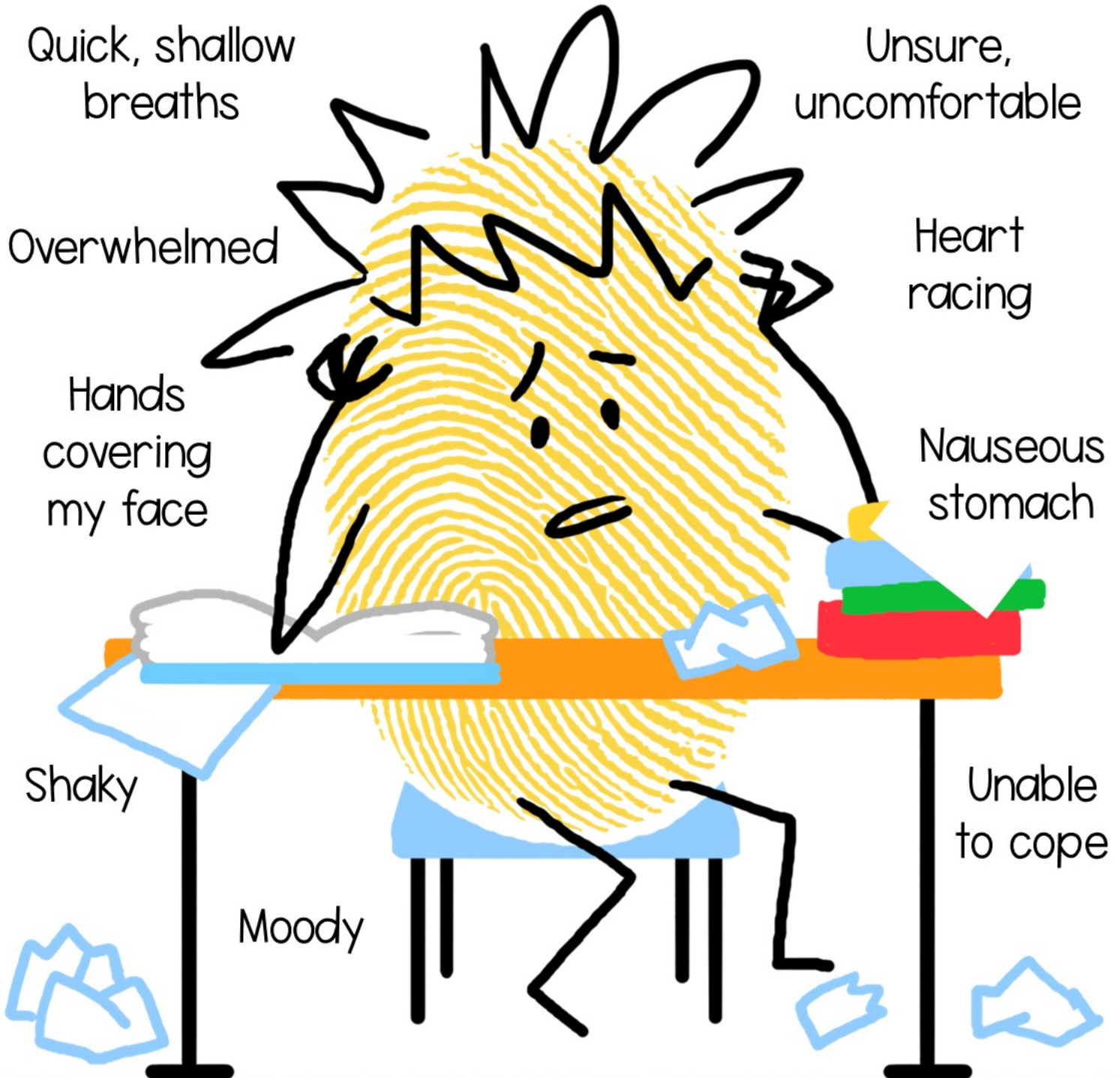
Hands
covering
my face

Nauseous
stomach

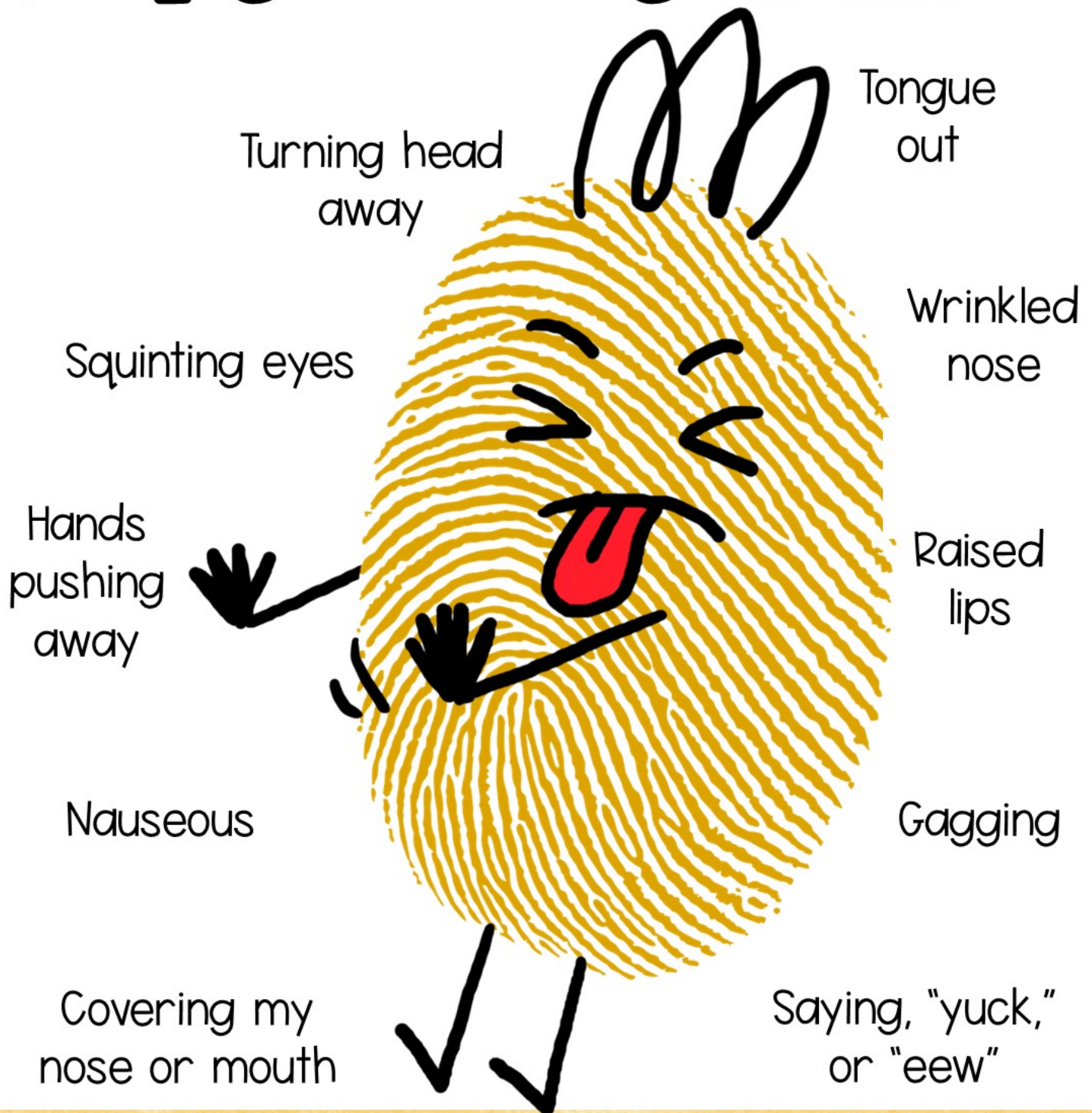
Shaky

Unable
to cope

Moody



Today I feel DISGUSTED



Today I feel **JEALOUS**

Arms
crossed

Eyes staring
to the sides

Frowning

Furrowed
eyebrows



Feeling
like
it's unfair

Wanting what
they have

Feeling
"less
than"

Today I feel CALM

Deep, even
breaths

Comfortable

Steady
heartbeat

At
ease

Loose
hands

Relaxed

Soft
smile

Carefree
spirit

Clear
mind

Mellow



Quarter

Page

Posters

Today I feel **HAPPY**



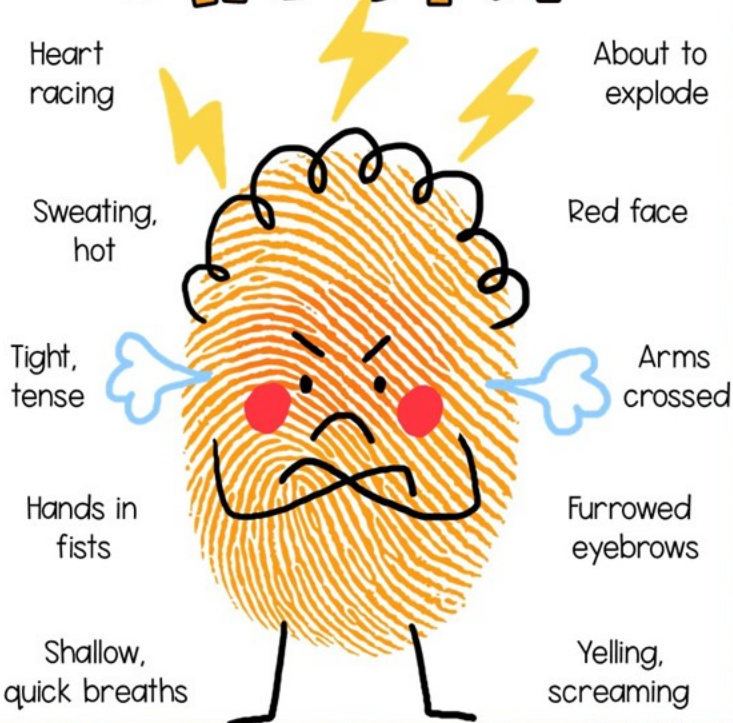
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Today I feel **SHY**



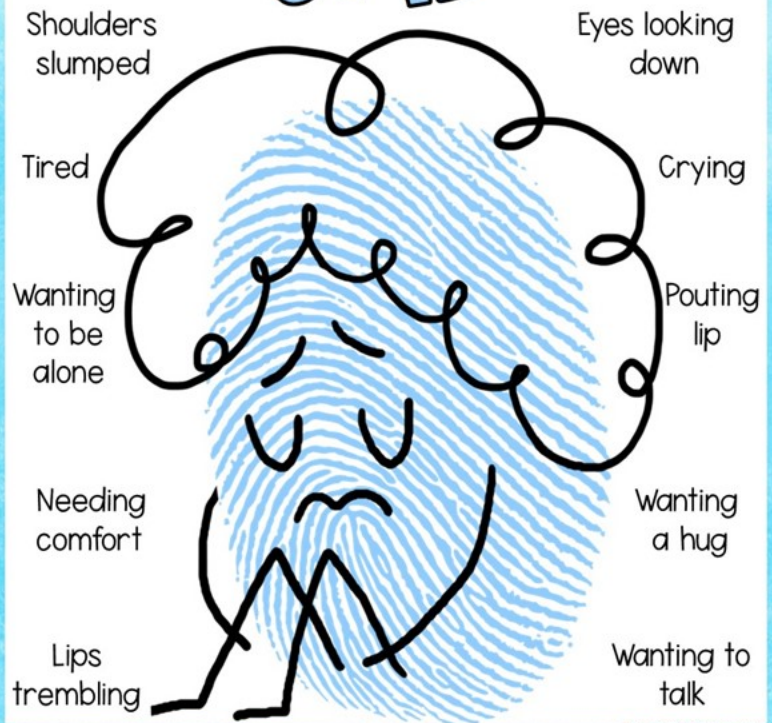
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Today I feel **ANGRY**



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Today I feel **SAD**



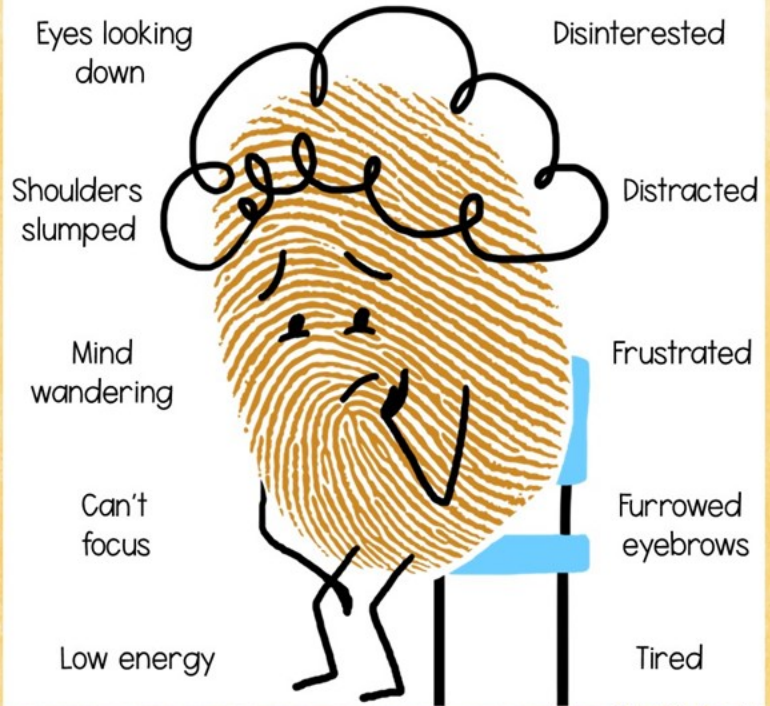
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Today I feel **EXCITED**



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Today I feel **BORED**



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Today I feel **SILLY**



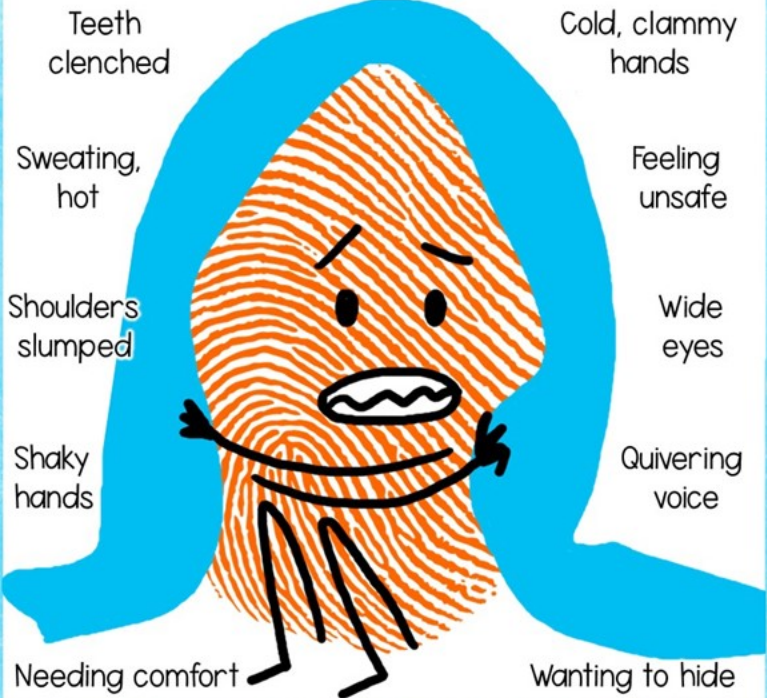
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Today I feel **PROUD**



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Today I feel SCARED



Teeth clenched

Cold, clammy hands

Sweating, hot

Feeling unsafe

Shoulders slumped

Wide eyes

Shaky hands

Quivering voice

Needing comfort

Wanting to hide

Today I feel DISAPPOINTED



Frowning

Eyes looking down

Shoulders slumped

Hands covering face

Wishing things were different

Wanting to be alone

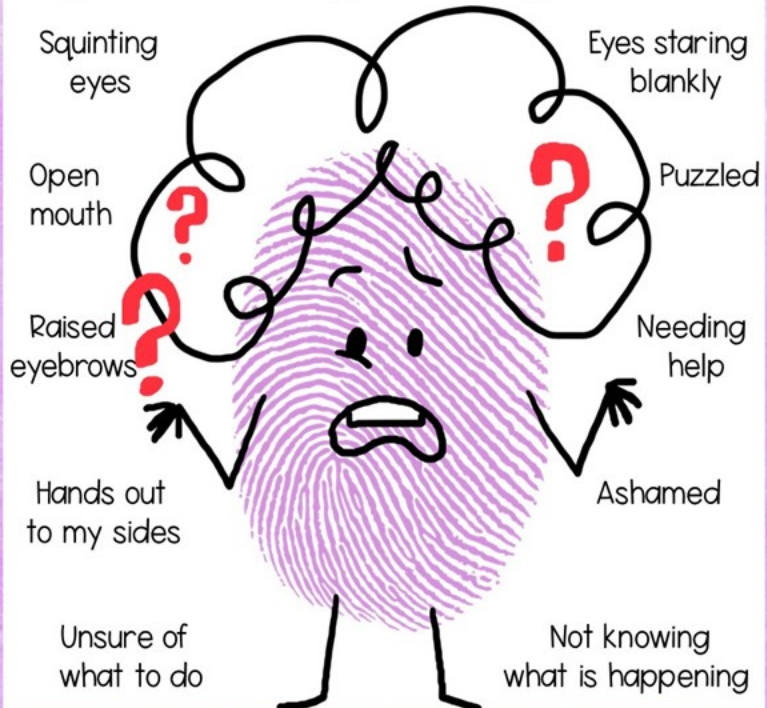
Frustrated

Hopeless

Sad

Let down

Today I feel CONFUSED



Squinting eyes

Eyes staring blankly

Open mouth

Puzzled

Raised eyebrows

Needing help

Hands out to my sides

Ashamed

Unsure of what to do

Not knowing what is happening

Today I feel SURPRISED



Wide open mouth

Raised eyebrows

Hands covering mouth

Something unexpected happened

Gasping

Startled

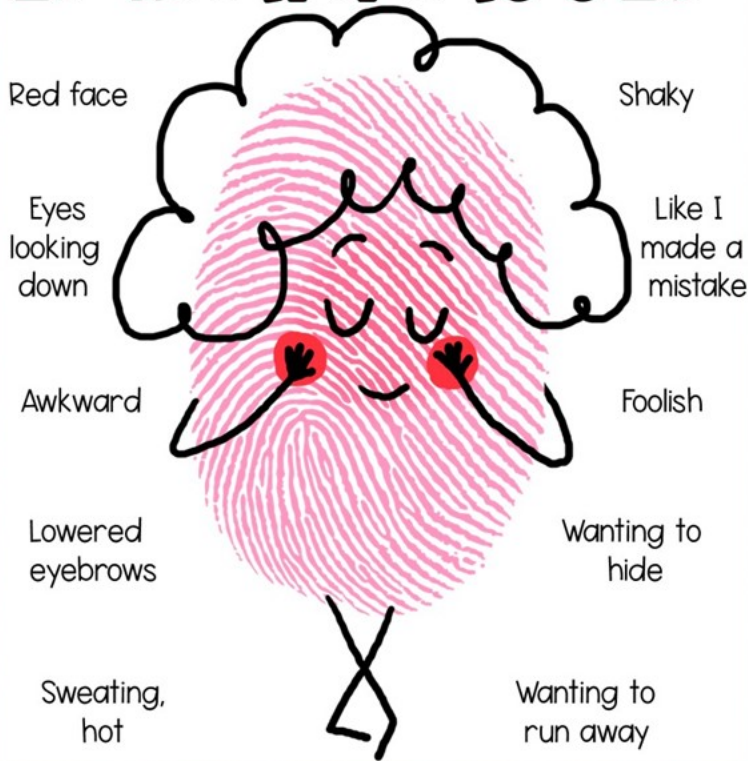
Wide open eyes

Needing to calm down

Shocked

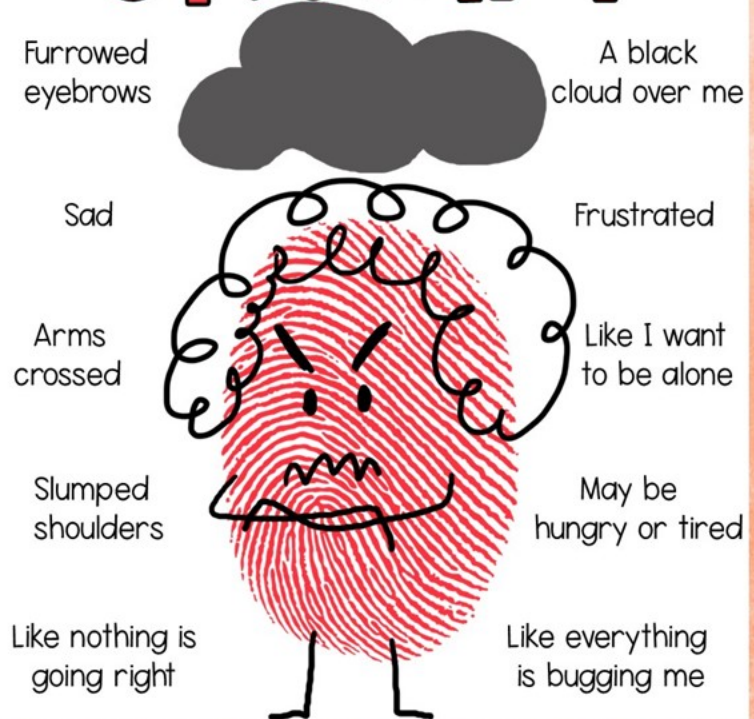
In disbelief

Today I feel EMBARRASSED



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Today I feel GRUMPY



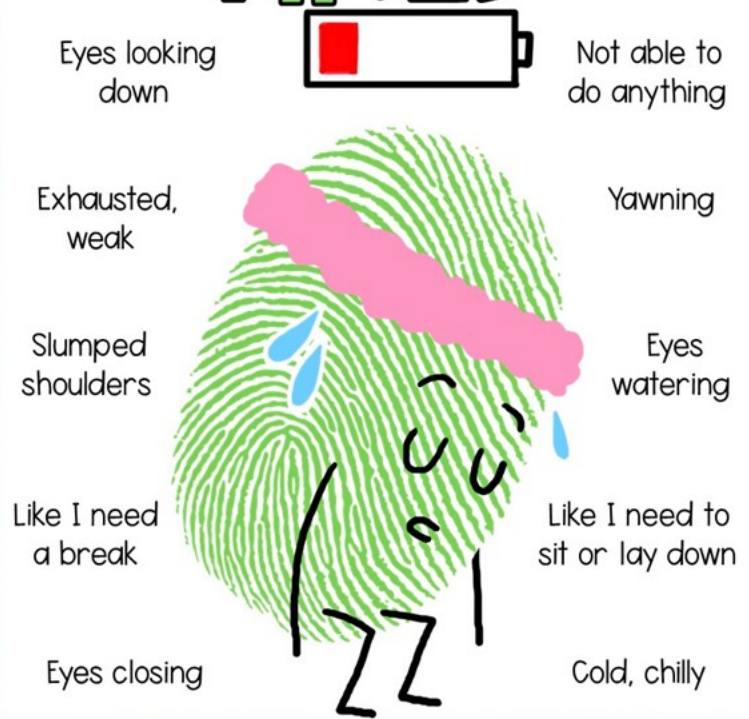
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Today I feel CONFIDENT



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Today I feel TIRED

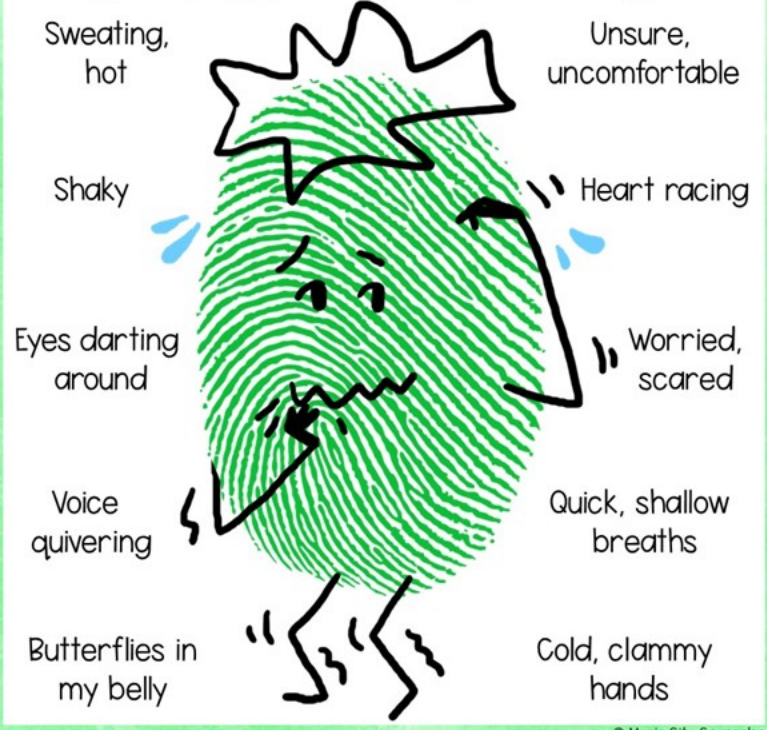


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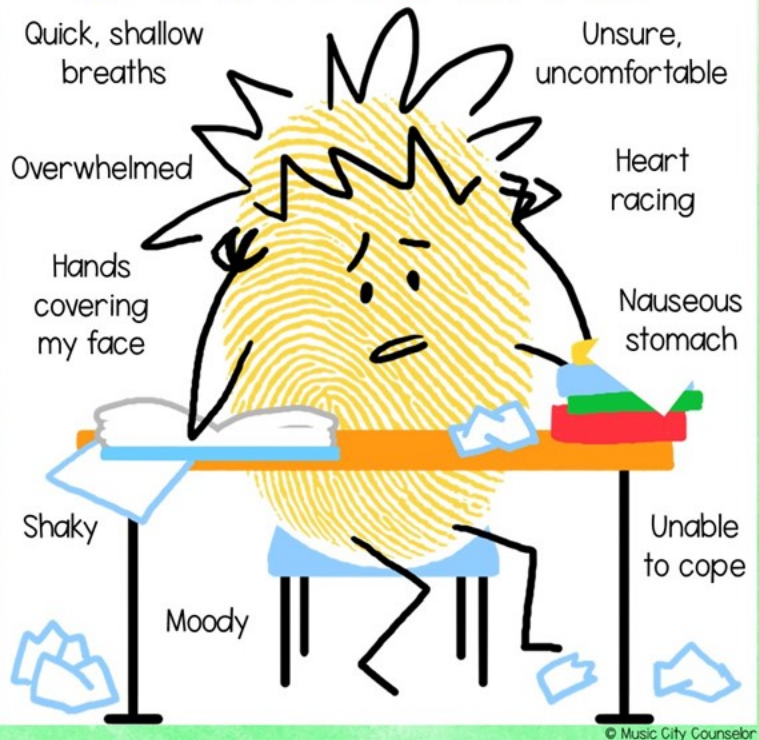
Today I feel CURIOUS



Today I feel NERVOUS



Today I feel STRESSED



Today I feel GRATEFUL



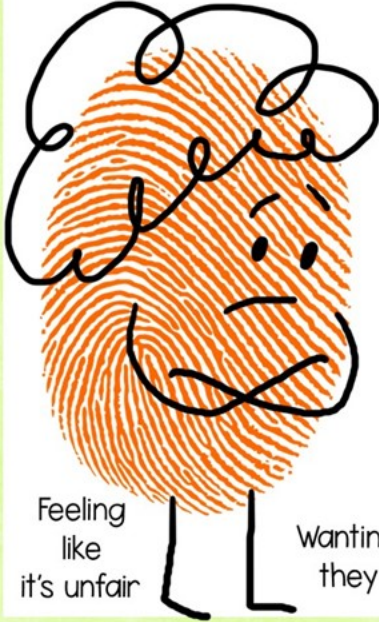
Today I feel JEALOUS

Arms
crossed

Eyes staring
to the sides

Straight
across
mouth

Furrowed
eyebrows



Feeling
like
it's unfair

Wanting what
they have

Feeling
"less
than"

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Today I feel DISGUSTED

Turning head
away

Tongue
out

Squinting eyes

Wrinkled
nose

Hands
pushing
away

Raised
lips

Nauseous

Gagging

Covering my
nose or mouth

Saying, "yuck,"
or "eew"



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Today I feel CALM

Deep, even
breaths

Comfortable

Steady
heartbeat

At
ease

Loose
hands

Relaxed

Soft
smile

Carefree
spirit

Clear
mind

Mellow



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♥ *laura oathout*

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