

o MUSIC  city COUNSELOR

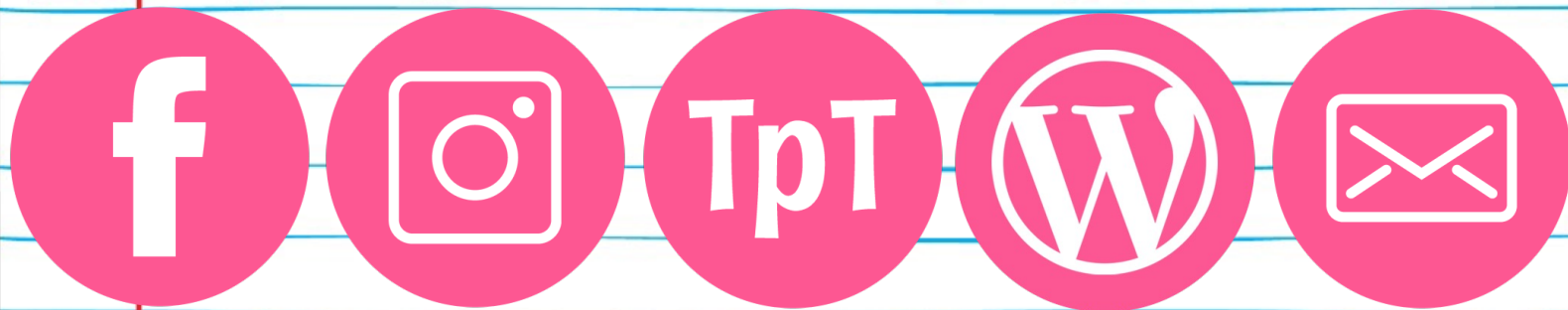
THANK YOU FOR YOUR
PURCHASE!



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

♥ **MEMBERSHIP:** www.counselorcollab.com

DIRECTIONS:

This resource includes 20 feelings posters and coloring pages that describe how each emotion looks and feels in our body and brain. Full page and quarter-page posters are included in full color and black/white.

1. Happy
2. Angry
3. Sad
4. Excited
5. Scared
6. Proud
7. Confused
8. Nervous
9. Annoyed
10. Worried
11. Frustrated
12. Shy
13. Embarrassed
14. Lonely
15. Disappointed
16. Proud
17. Surprised
18. Tired
19. Silly
20. Curious

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 **HAPPY**

Bright
eyes

Big
smile

Full of
energy

Hands in
the air

Relaxed
muscles

Steady
breathing

Positive
attitude

Cheerful
voice

Feeling
light

Bouncing,
skipping feet



Today I feel **ANGRY**

Furrowed
eyebrows

Shallow, quick
breaths

Red
face

Racing
heart

Clenched
jaw

Crossed
arms

Tense, tight
muscles

Hands in
fists

Sweaty,
hot body

Stomping
feet



Today I feel **SAD**

Eyes looking
down

Teary
eyes

Shoulders
slumped

Lips
trembling

Frowning

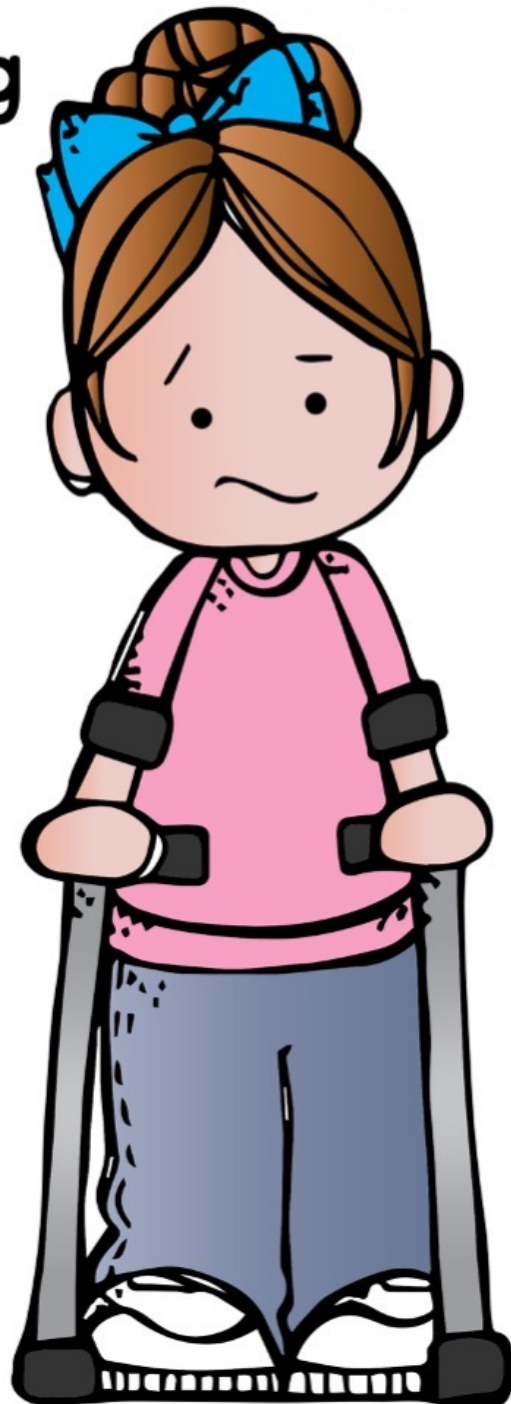
Quiet
voice

Low
energy

Heavy
breathing

Wanting to
be alone

Slouched
posture



Today I feel **EXCITED**

Big smile

Sparkling
eyes

A burst
of energy

Hands in
the air

Fidgety and
bouncy

Clapping or
jumping

Rosy
cheeks

Fast
breathing

Cheering,
squealing

Higher
voice



Today I feel **SCARED**

Clenched
teeth

Wide open
eyes

Raised
eyebrows

Quivering
voice

Slumped
shoulders

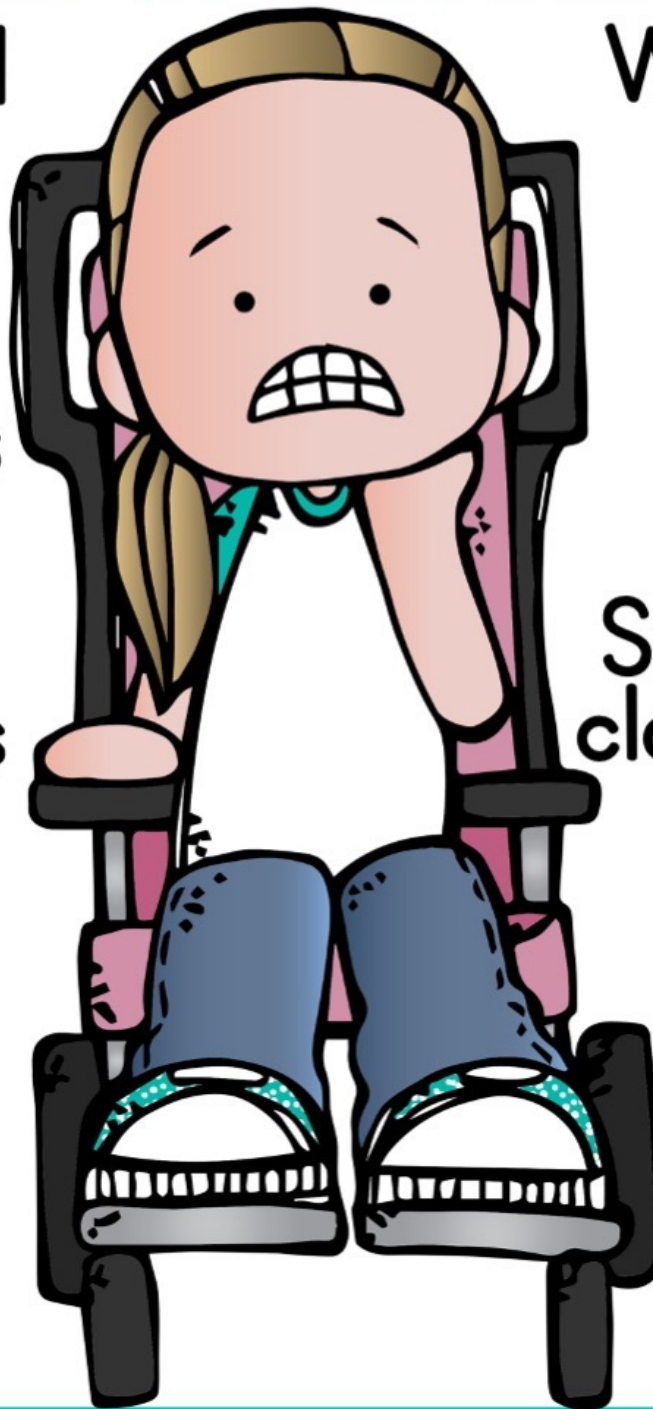
Sweaty or
clammy skin

Shaky
hands

Open
mouth

Racing
heart

Fast
breathing



Today I feel **CONFUSED**

Raised
eyebrows

Tilted
head

Darting
eyes

Open
mouth

Shrugged
shoulders

Leaning
forward

Scratching
the head

Hands out
to the side

Huffing or
sighing

Tightened
muscles



Today I feel **NERVOUS**

Raised
eyebrows

Darting
eyes

Shallow,
quick breaths

Quivering
voice

Butterflies in
my tummy

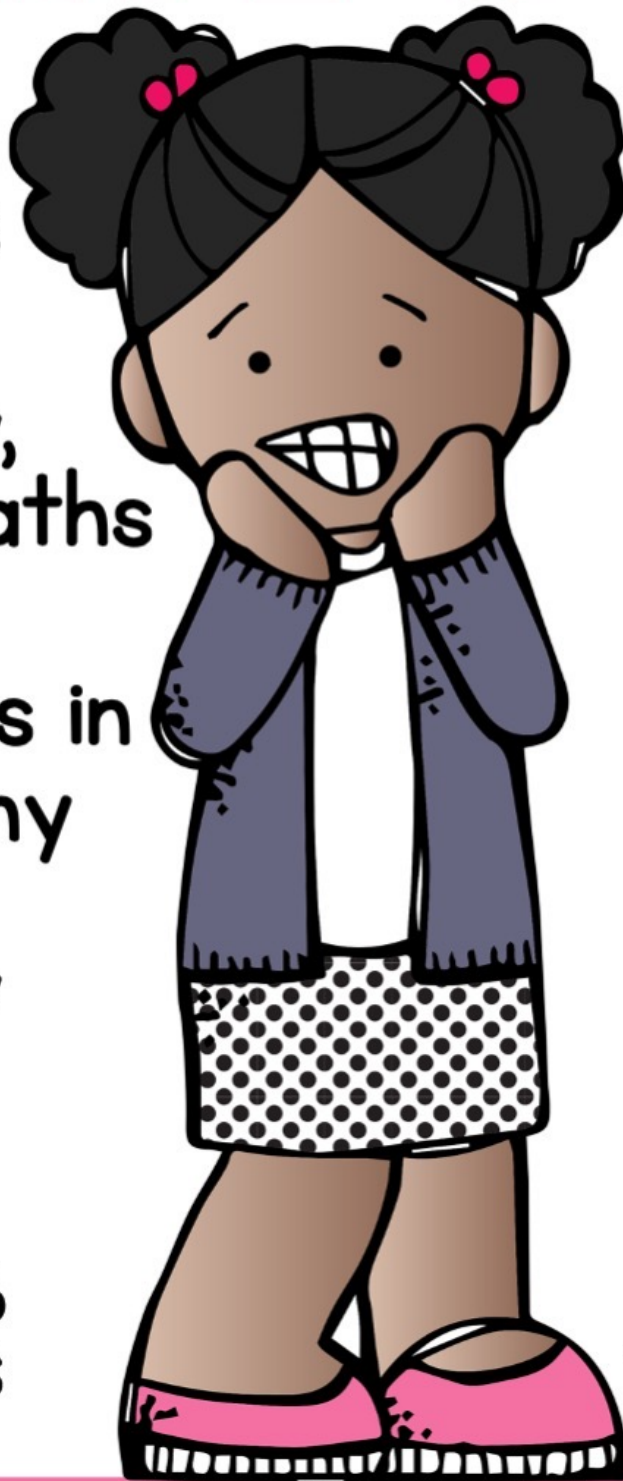
Racing
heart

Sweaty
body

Shaky
hands

Fidgety,
restless

Biting
fingernails



Today I feel **ANNOYED**

Furrowed
eyebrows

Clenched
teeth

Rolling,
glaring eyes

Tight
shoulders

Crossed
arms

Tapping
fingers

Short
breaths

Fidgety,
restless

Raised
voice

Huffing,
puffing



Today I feel **WORRIED**

Wide,
darting eyes

Clenched
teeth

Quivering
voice

Slight
frown

Sweaty
body

Pale skin

Quick, short
breaths

Fidgety,
restless

Cold, clammy
hands

Butterflies
in tummy



Today I feel **FRUSTRATED**

Furrowed
eyebrows

Clenched
teeth

Rolling,
glaring eyes

Pacing back
and forth

Flushed
face

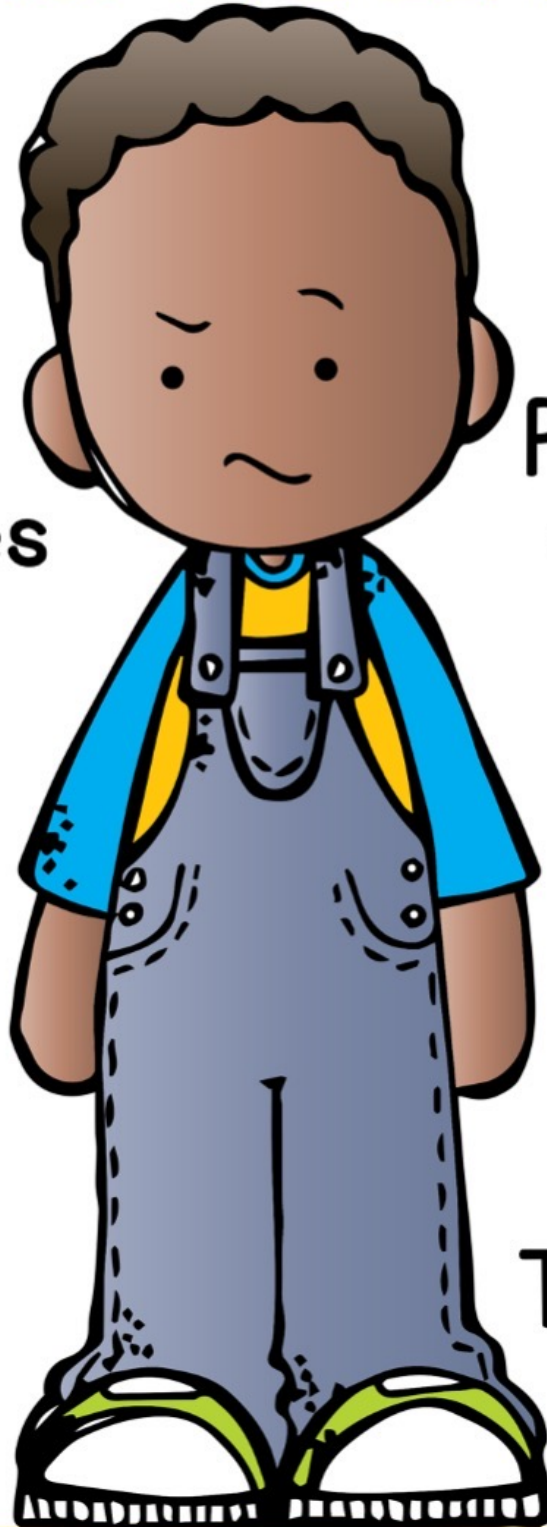
Tight
fists

Heavy
breaths

Raised
voice

Sighing,
groaning

Tense, stiff
body



Today I feel **SHY**

Avoiding
eye contact

Fidgeting
or tapping

Hunched
over posture

Soft, quiet
voice

Butterflies
in tummy

Twirling
hair

Blushing
cheeks

Leaning
away

Clenched
hands

Biting
nails



Today I feel **EMBARRASSED**

Avoiding
eye contact

Butterflies
in tummy

Fidgeting
or tapping

Red
cheeks

Covering
the face

Feeling
warm

Repeating
words

Sweaty,
clammy body

Laughing
nervously

Pounding
heart



Today I feel **LONELY**

Looking
down

Teary
eyes

Crossed
arms

Slumped
shoulders

Day-
dreaming

Feeling
tired

Trouble
eating

Headaches,
body aches

Soft, quiet
voice

Feeling cold



Today I feel **DISAPPOINTED**

Looking
down

Teary
eyes

Hunched over
posture

Slumped
shoulders

Slow, shallow
breathing

Sighing,
huffing

Quiet
speech

Frowning

Turning
away

Feeling tired,
heavy



Today I feel **PROUD**

Sparkling
eyes

Making eye
contact

Chin held
high

Wide
smile

Hands up or
on hips

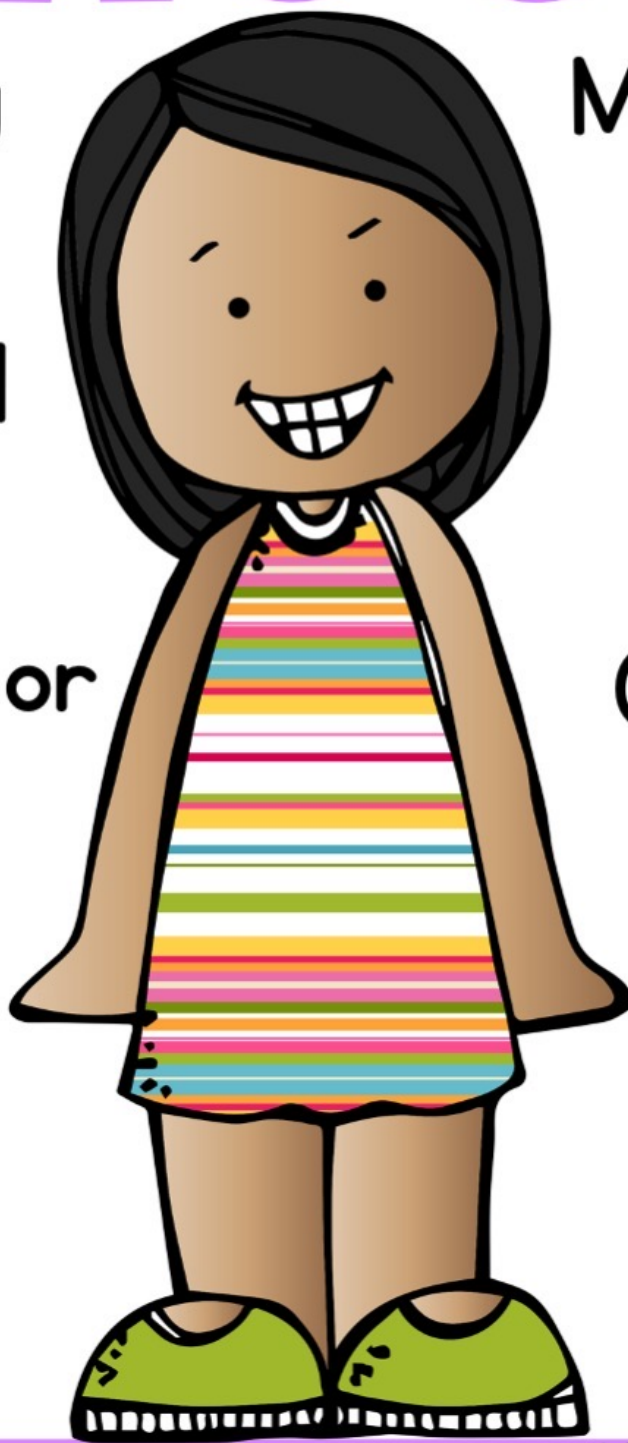
Chest out

High
energy

Glowing
skin

Relaxed
body

Strong
voice



Today I feel **SURPRISED**

Raised
eyebrows

Wide open
mouth

Startling,
jumping

Rapid
breathing

Pounding
heart



Wide open
eyes

Hands over
mouth

Gaspings,
yelling

High
voice

Fidgeting,
shaking

Today I feel **TIRED**

Droopy,
heavy eyes

Pale
skin

Yawning

Rubbing
eyes

Trouble
focusing

Head
bobbing

Slow
moving

Mumbled
speech

Heavy,
weak body

Slouched
posture



Today I feel **SILLY**

Big, goofy
smile

Bright
eyes

Tongue
out

Giggling,
laughing

Making
noises

Loose,
sloppy body

Bouncing,
jumping

Making
others laugh

Making
funny faces

Clowning
around



Today I feel **CURIOUS**

Raised
eyebrows

Wide
eyes

Open
mouth

Focused
brain

Tilted
head

High
energy

Thinking
sounds

Nodding
head

Leaning
forward

Pointing
fingers



Today I feel **CALM**

Peaceful
smile

Clear
mind

Soft
eyes

Deep, even
breaths

Steady
heartbeat

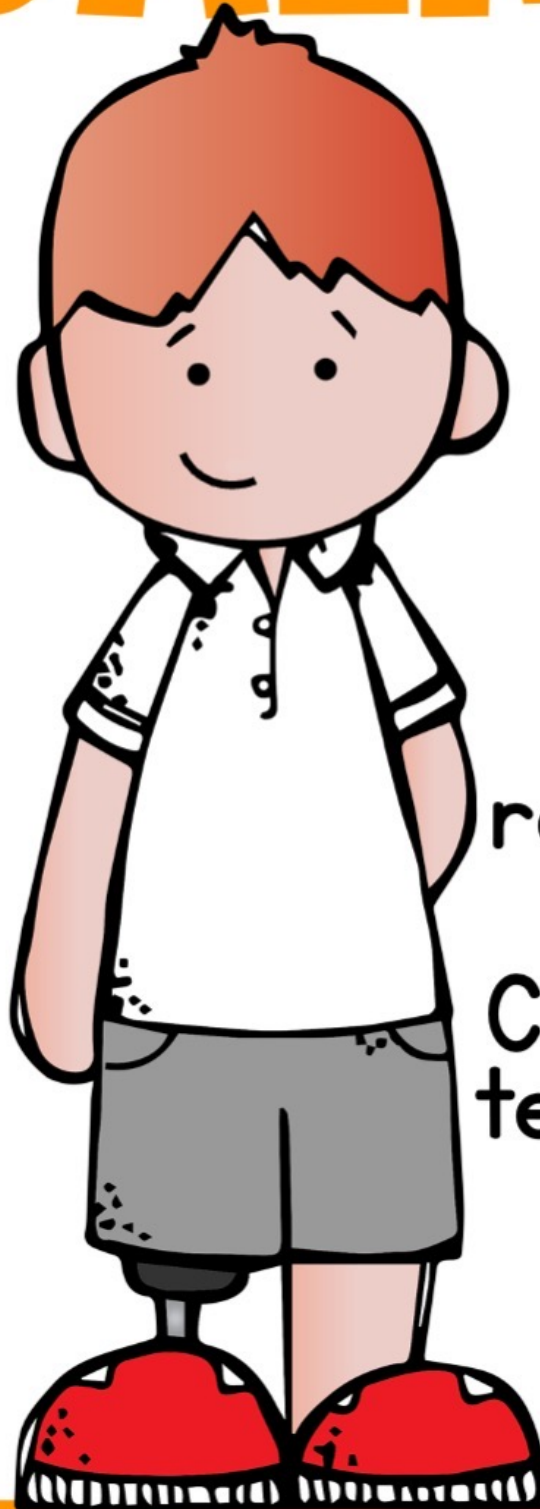
Loose,
relaxed body

Open
posture

Comfortable
temperature

Soft
speech

Still
hands



QUARTER

PAGE

POSTERS

Today I feel **ANGRY**

Furrowed
eyebrows

Shallow, quick
breaths

Red
face

Racing
heart

Clenched
jaw

Crossed
arms

Tense, tight
muscles

Hands in
fists

Sweaty,
hot body

Stomping
feet



© Music City Counselor

Today I feel **SAD**

Eyes looking
down

Teary
eyes

Shoulders
slumped

Lips
trembling

Frowning

Quiet
voice

Low
energy

Heavy
breathing

Wanting to
be alone

Slouched
posture



© Music City Counselor

Today I feel **HAPPY**

Bright
eyes

Big
smile

Full of
energy

Hands in
the air

Relaxed
muscles

Steady
breathing

Positive
attitude

Cheerful
voice

Feeling
light

Bouncing,
skipping feet



© Music City Counselor

Today I feel **EXCITED**

Big smile

Sparkling
eyes

A burst
of energy

Hands in
the air

Fidgety and
bouncy

Clapping or
jumping

Rosy
cheeks

Fast
breathing

Cheering,
squealing

Higher
voice



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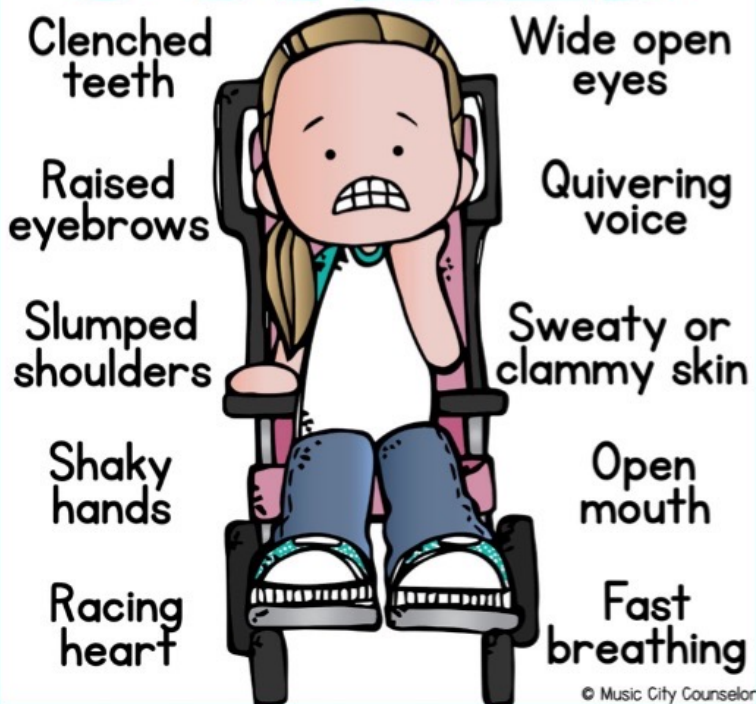
Today I feel **CONFUSED**



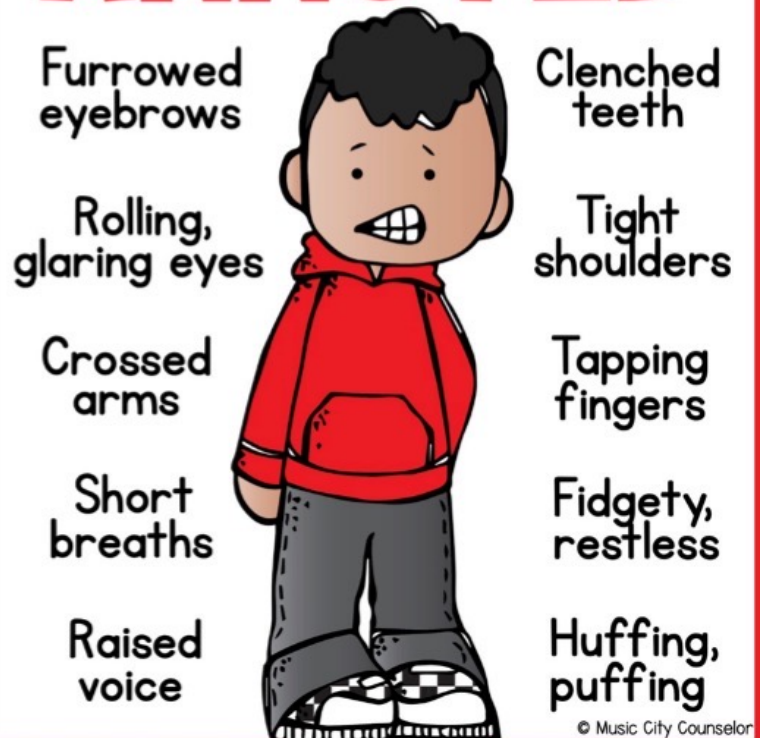
Today I feel **NERVOUS**



Today I feel **SCARED**



Today I feel **ANNOYED**



Today I feel **EMBARRASSED**

Avoiding eye contact

Butterflies in tummy

Fidgeting or tapping

Red cheeks

Covering the face

Feeling warm

Repeating words

Sweaty, clammy body

Laughing nervously

Pounding heart



© Music City Counselor

Today I feel **FRUSTRATED**

Furrowed eyebrows

Clenched teeth

Rolling, glaring eyes

Pacing back and forth

Flushed face

Tight fists

Heavy breaths

Raised voice

Sighing, groaning

Tense, stiff body



© Music City Counselor

Today I feel **WORRIED**

Wide, darting eyes

Clenched teeth

Quivering voice

Slight frown

Sweaty body

Pale skin

Quick, short breaths

Fidgety, restless

Cold, clammy hands

Butterflies in tummy



© Music City Counselor

Today I feel **SHY**

Avoiding eye contact

Twirling hair

Fidgeting or tapping

Blushing cheeks

Hunched over posture

Leaning away

Soft, quiet voice

Clenched hands

Butterflies in tummy

Biting nails



© Music City Counselor

Today I feel **PROUD**

Sparkling eyes

Making eye contact

Chin held high

Wide smile

Hands up or on hips

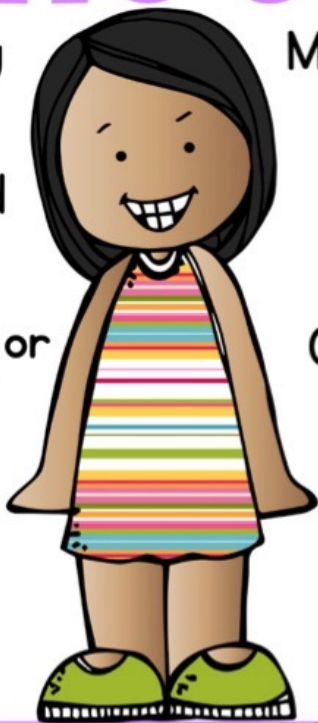
Chest out

High energy

Glowing skin

Relaxed body

Strong voice



© Music City Counselor

Today I feel **SURPRISED**

Raised eyebrows

Wide open eyes

Wide open mouth

Hands over mouth

Startling, jumping

Gasping, yelling

Rapid breathing

High voice

Pounding heart

Fidgeting, shaking



© Music City Counselor

Today I feel **LONELY**

Looking down

Teary eyes

Crossed arms

Slumped shoulders

Day-dreaming

Feeling tired

Trouble eating

Headaches, body aches

Soft, quiet voice

Feeling cold



© Music City Counselor

Today I feel **DISAPPOINTED**

Looking down

Teary eyes

Hunched over posture

Slumped shoulders

Slow, shallow breathing

Sighing, huffing

Quiet speech

Frowning

Turning away

Feeling tired, heavy



© Music City Counselor

Today I feel **SILLY**

Big, goofy smile

Bright eyes

Tongue out

Giggling, laughing

Making noises

Loose, sloppy body

Bouncing, jumping

Making others laugh

Making funny faces

Clowning around



© Music City Counselor

Today I feel **CALM**

Peaceful smile

Clear mind

Soft eyes

Deep, even breaths

Steady heartbeat

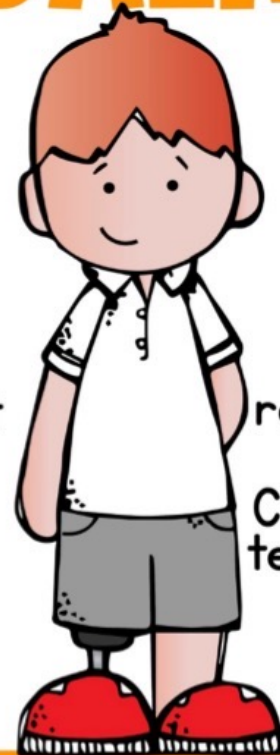
Loose, relaxed body

Open posture

Comfortable temperature

Soft speech

Still hands



© Music City Counselor

Today I feel **TIRED**

Droopy, heavy eyes

Pale skin

Yawning

Rubbing eyes

Trouble focusing

Head bobbing

Slow moving

Mumbled speech

Heavy, weak body

Slouched posture



© Music City Counselor

Today I feel **CURIOUS**

Raised eyebrows

Wide eyes

Open mouth

Focused brain

Tilted head

High energy

Thinking sounds

Nodding head

Leaning forward

Pointing fingers



© Music City Counselor

**FULL PAGE
COLORING
PAGES**

Today I feel HAPPY

Bright
eyes

Big
smile

Full of
energy

Hands in
the air

Relaxed
muscles

Steady
breathing

Positive
attitude

Cheerful
voice

Feeling
light

Bouncing,
skipping feet



Today I feel ANGRY

Furrowed
eyebrows

Shallow, quick
breaths

Red
face

Racing
heart

Clenched
jaw

Crossed
arms

Tense, tight
muscles

Hands in
fists

Sweaty,
hot body

Stomping
feet



Today I feel SAD

Eyes looking
down

Teary
eyes

Shoulders
slumped

Lips
trembling

Frowning

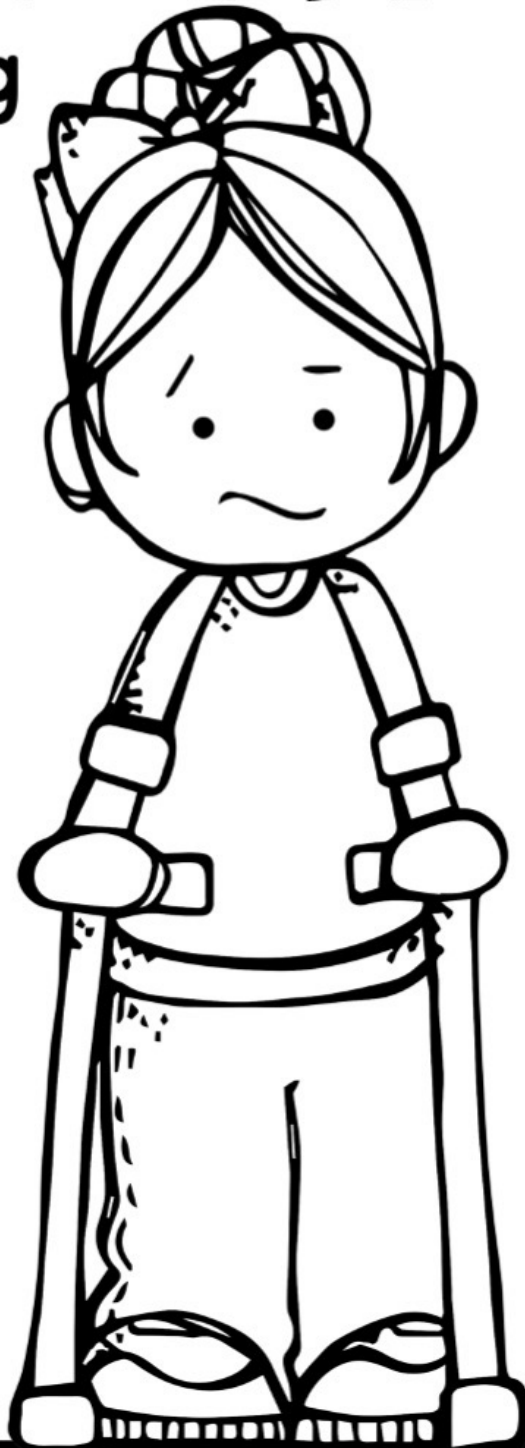
Quiet
voice

Low
energy

Heavy
breathing

Wanting to
be alone

Slouched
posture



Today I feel

EXCITED

Big smile

Sparkling
eyes

A burst
of energy

Hands in
the air

Fidgety and
bouncy

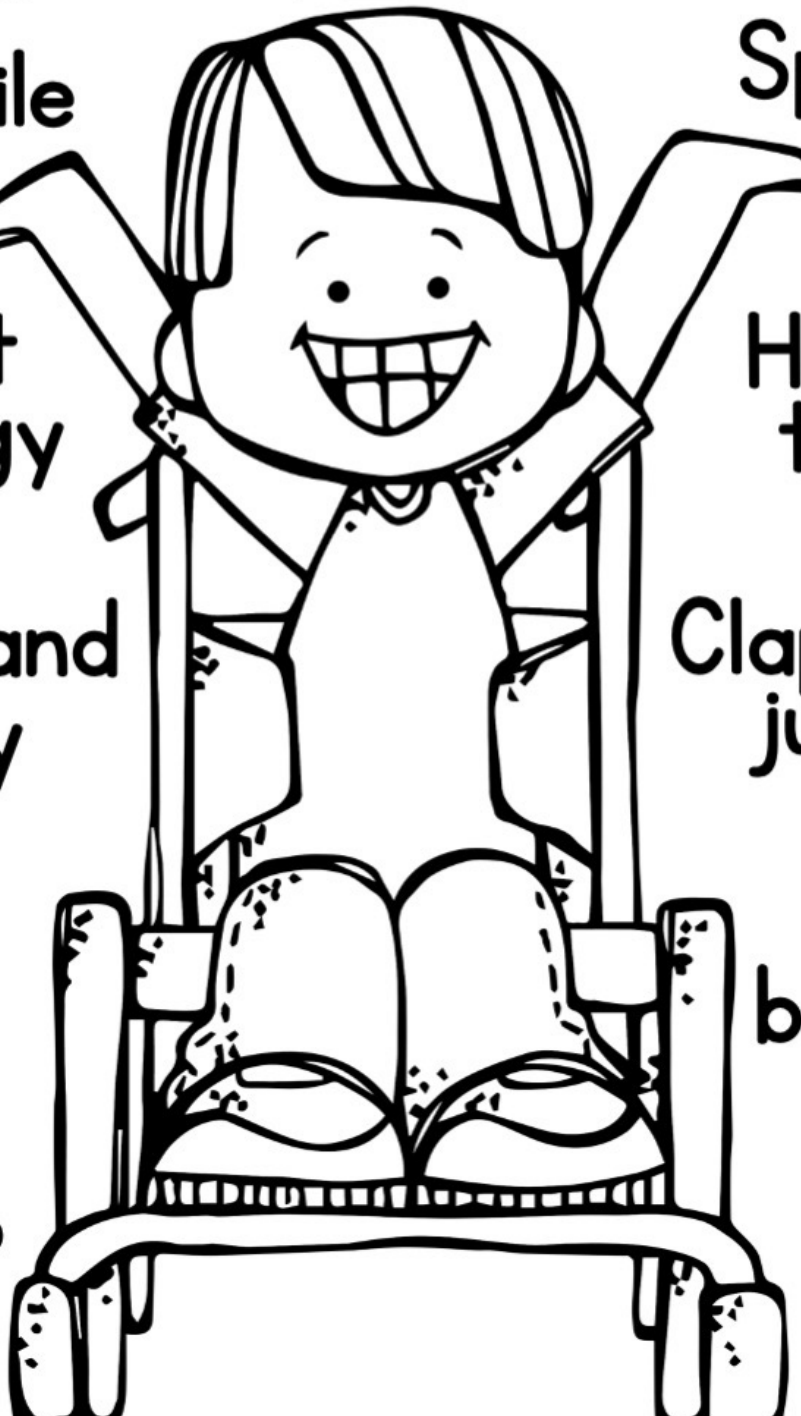
Clapping or
jumping

Rosy
cheeks

Fast
breathing

Cheering,
squealing

Higher
voice



Today I feel SCARED

Clenched
teeth

Wide open
eyes

Raised
eyebrows

Quivering
voice

Slumped
shoulders

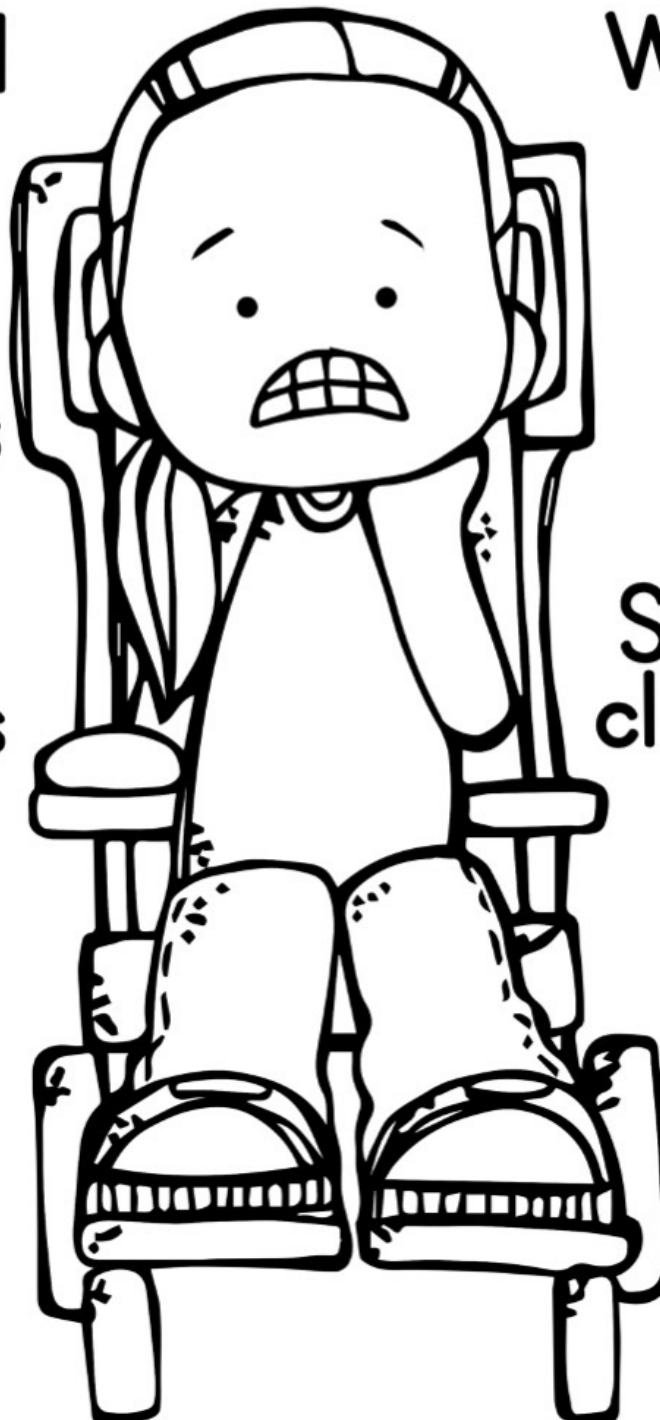
Sweaty or
clammy skin

Shaky
hands

Open
mouth

Racing
heart

Fast
breathing



Today I feel CONFUSED

Raised
eyebrows

Tilted
head

Darting
eyes

Open
mouth

Shrugged
shoulders

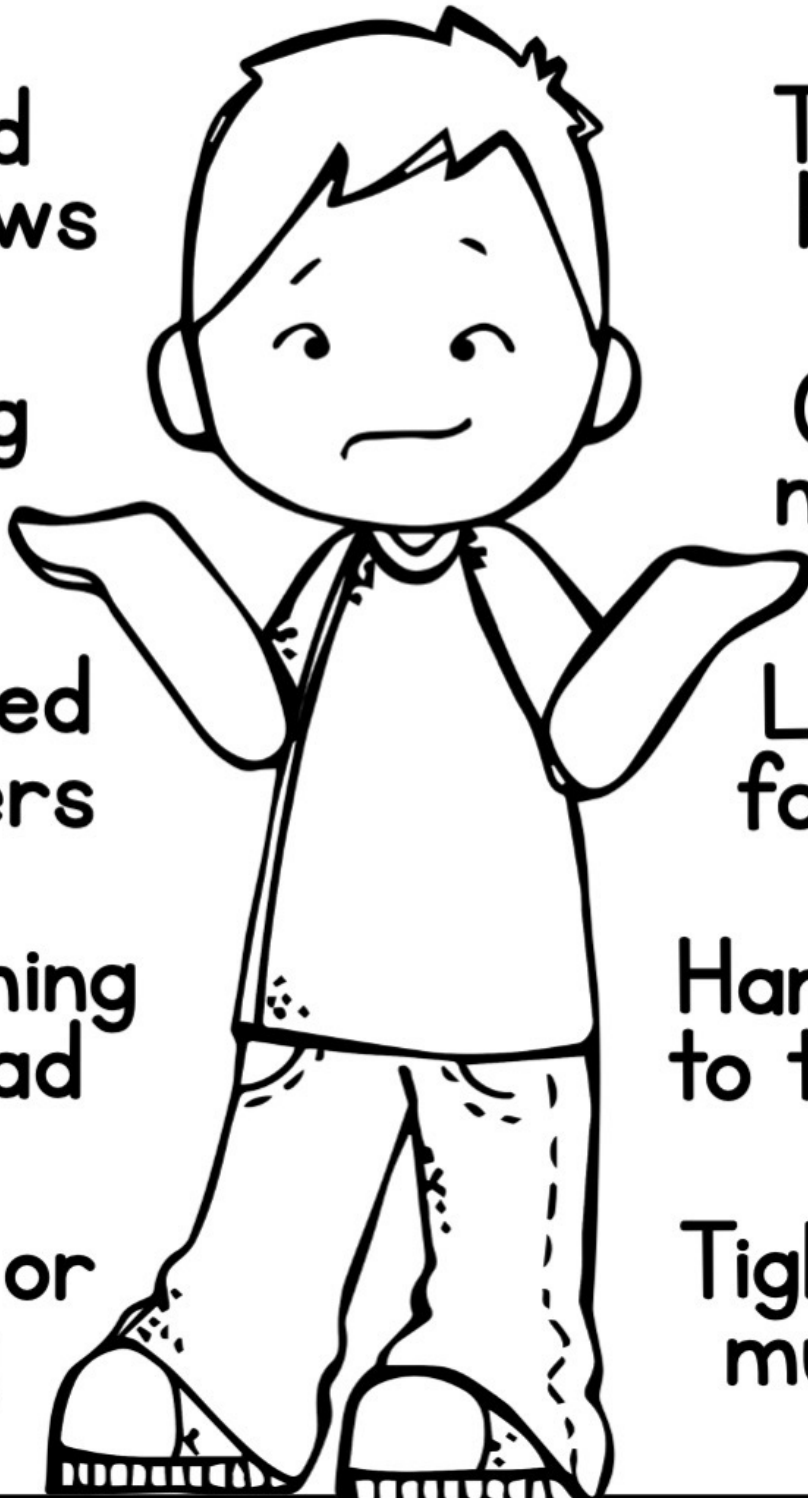
Leaning
forward

Scratching
the head

Hands out
to the side

Huffing or
sighing

Tightened
muscles



Today I feel NERVOUS

Raised
eyebrows

Darting
eyes

Shallow,
quick breaths

Quivering
voice

Butterflies in
my tummy

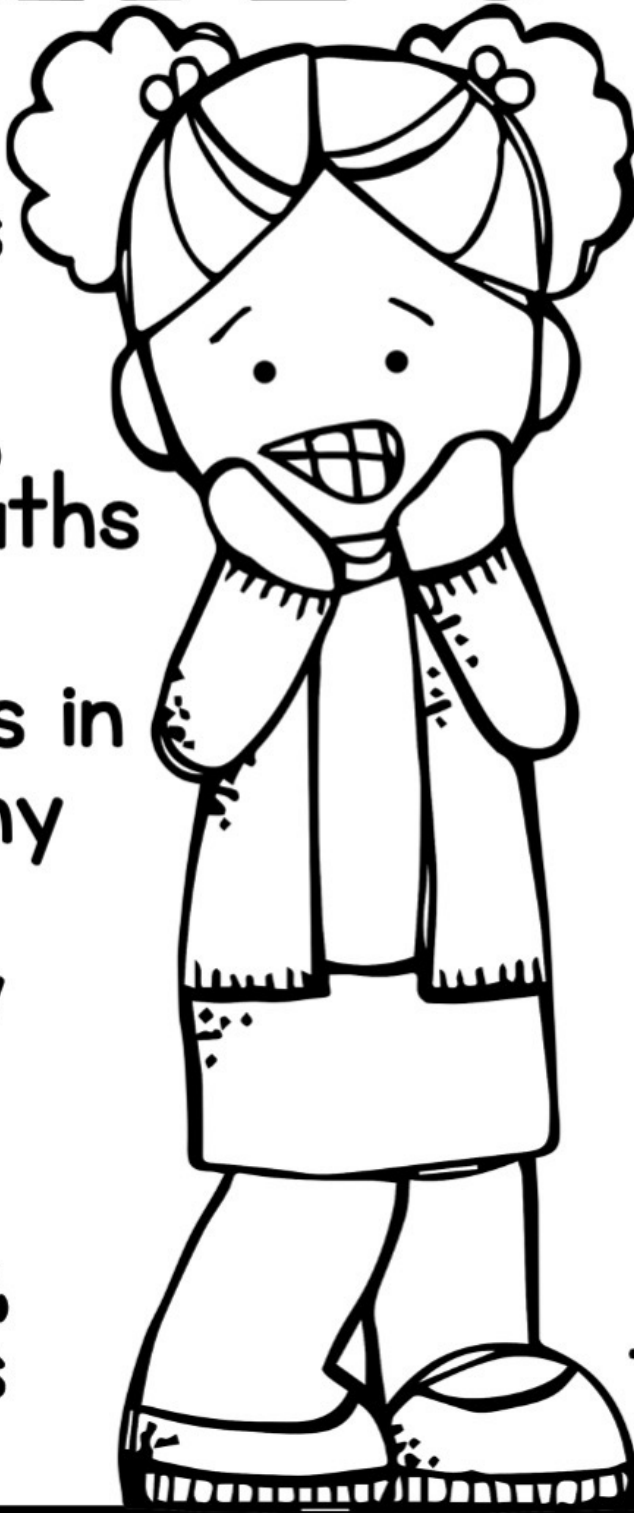
Racing
heart

Sweaty
body

Shaky
hands

Fidgety,
restless

Biting
fingernails



Today I feel

ANNOYED

Furrowed
eyebrows

Clenched
teeth

Rolling,
glaring eyes

Tight
shoulders

Crossed
arms

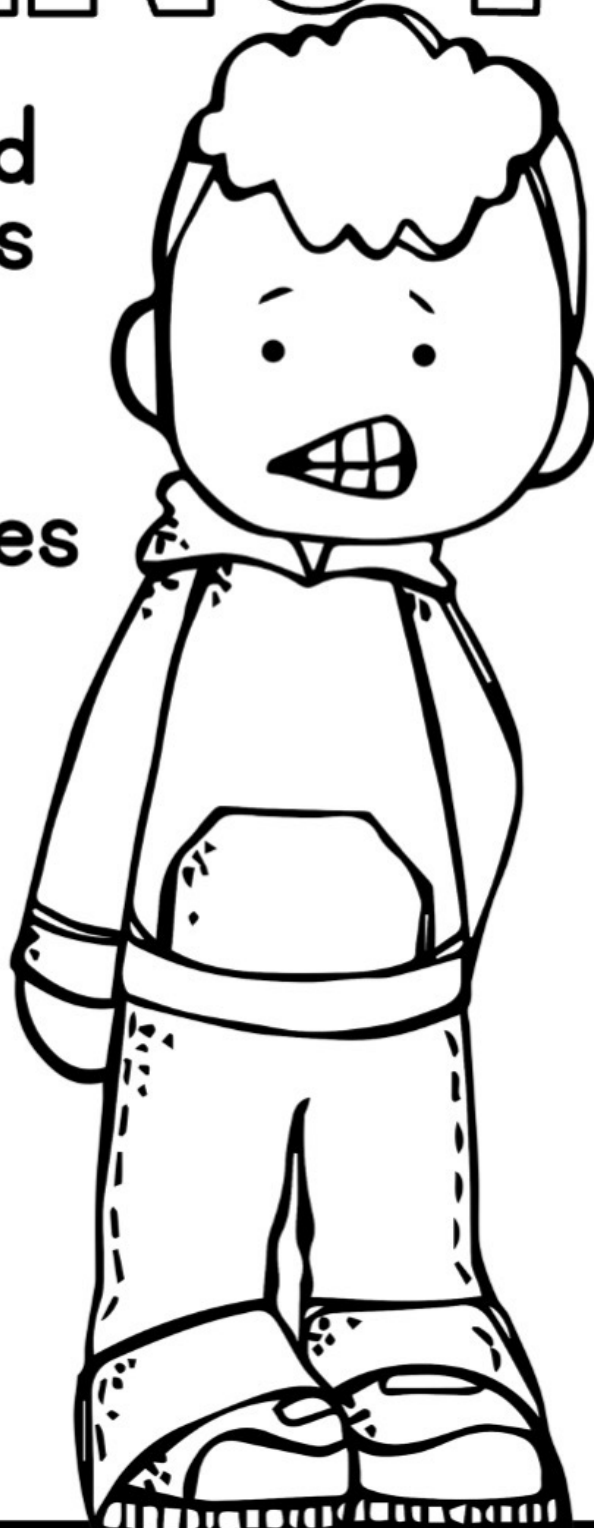
Tapping
fingers

Short
breaths

Fidgety,
restless

Raised
voice

Huffing,
puffing



Today I feel WORRIED

Wide,
darting eyes

Clenched
teeth

Quivering
voice

Slight
frown

Sweaty
body

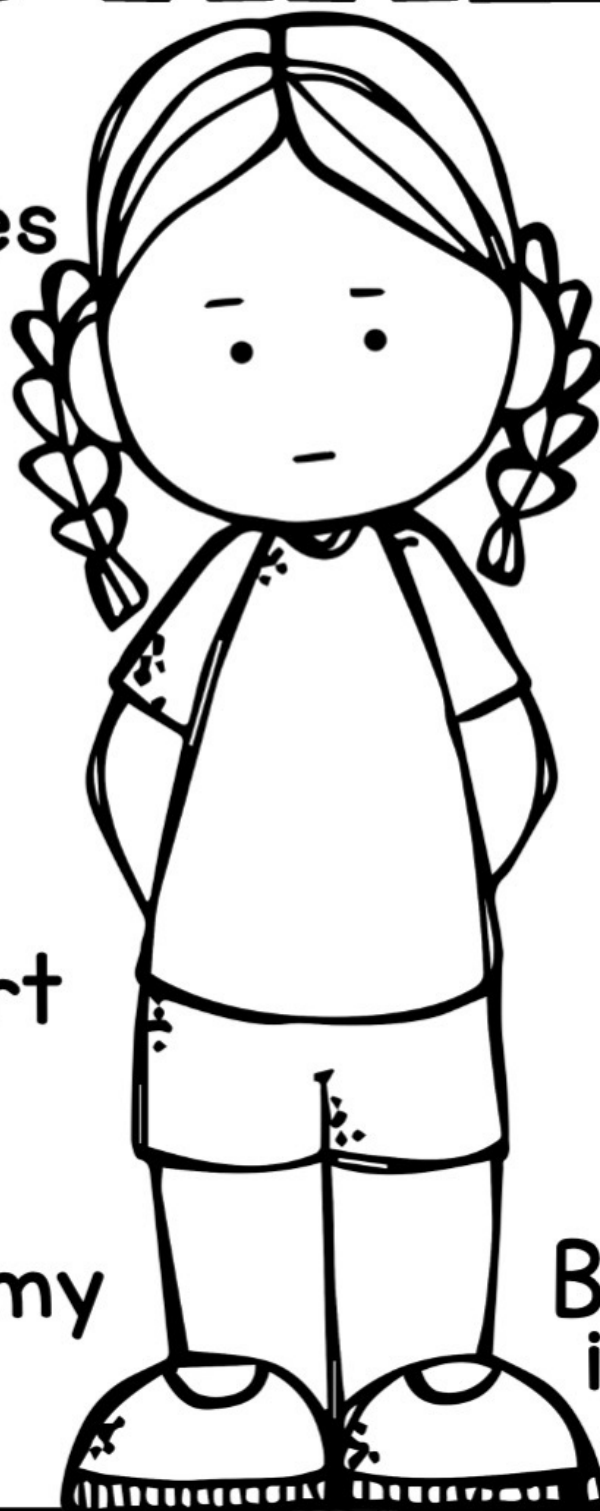
Pale skin

Quick, short
breaths

Fidgety,
restless

Cold, clammy
hands

Butterflies
in tummy



Today I feel FRUSTRATED

Furrowed
eyebrows

Clenched
teeth

Rolling,
glaring eyes

Pacing back
and forth

Flushed
face

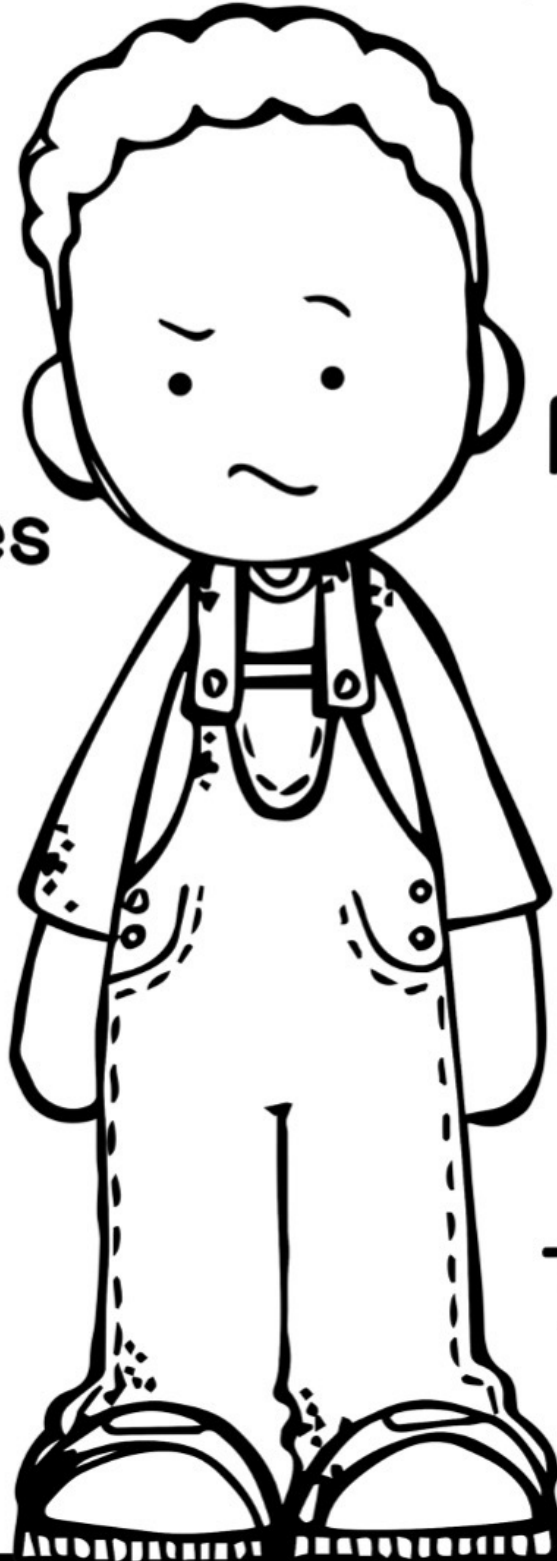
Tight
fists

Heavy
breaths

Raised
voice

Sighing,
groaning

Tense, stiff
body



Today I feel

SHY

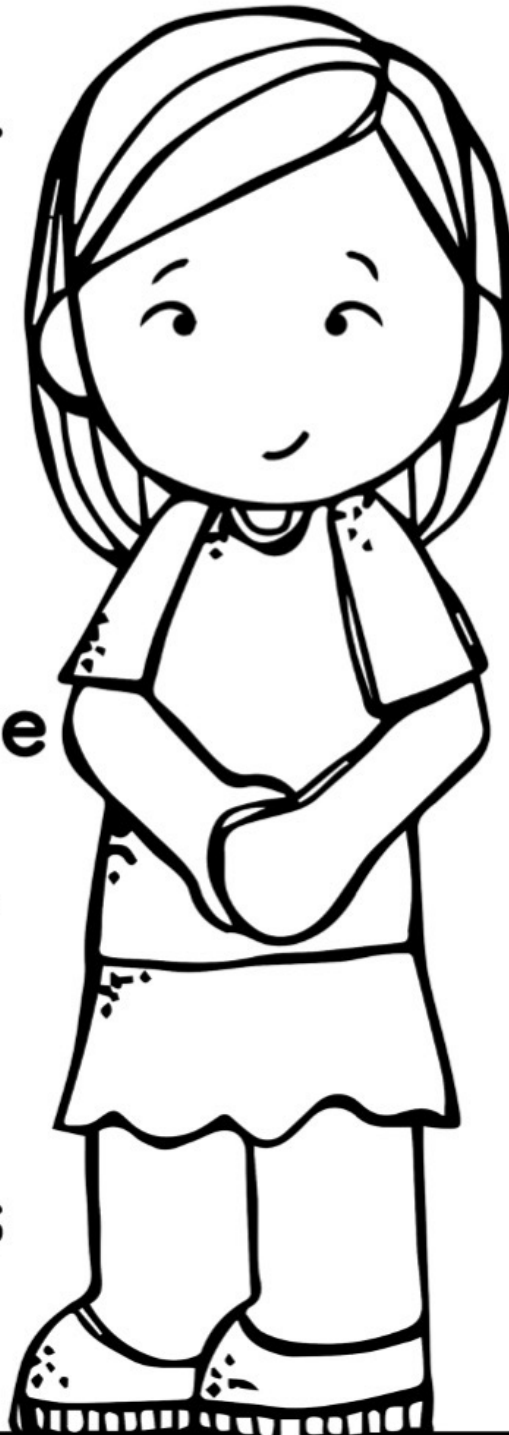
Avoiding
eye contact

Fidgeting
or tapping

Hunched
over posture

Soft, quiet
voice

Butterflies
in tummy



Twirling
hair

Blushing
cheeks

Leaning
away

Clenched
hands

Biting
nails

Today I feel EMBARRASSED

Avoiding
eye contact

Butterflies
in tummy

Fidgeting
or tapping

Red
cheeks

Covering
the face

Feeling
warm

Repeating
words

Sweaty,
clammy body

Laughing
nervously

Pounding
heart



Today I feel LONELY

Looking
down

Teary
eyes

Crossed
arms

Slumped
shoulders

Day-
dreaming

Feeling
tired

Trouble
eating

Headaches,
body aches

Soft, quiet
voice

Feeling cold



Today I feel DISAPPOINTED

Looking
down

Teary
eyes

Hunched over
posture

Slumped
shoulders

Slow, shallow
breathing

Sighing,
huffing

Quiet
speech

Frowning

Turning
away

Feeling tired,
heavy



Today I feel PROUD

Sparkling
eyes

Making eye
contact

Chin held
high

Wide
smile

Hands up or
on hips

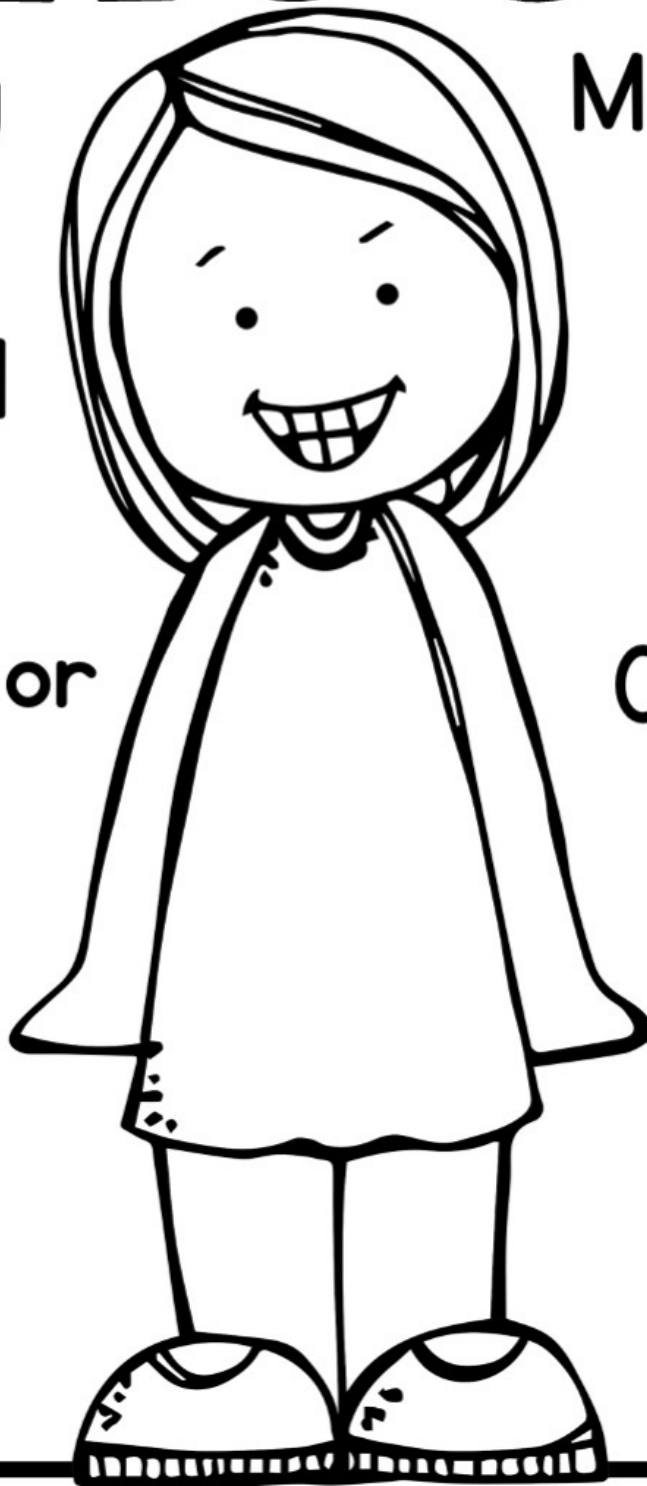
Chest out

High
energy

Glowing
skin

Relaxed
body

Strong
voice



Today I feel SURPRISED

Raised
eyebrows

Wide open
mouth

Startling,
jumping

Rapid
breathing

Pounding
heart



Wide open
eyes

Hands over
mouth

Gaspings,
yelling

High
voice

Fidgeting,
shaking

Today I feel **TIRED**

Droopy,
heavy eyes

Pale
skin

Yawning

Rubbing
eyes

Trouble
focusing

Head
bobbing

Slow
moving

Mumbled
speech

Heavy,
weak body

Slouched
posture



Today I feel SILLY

Big, goofy
smile

Bright
eyes

Tongue
out

Giggling,
laughing

Making
noises

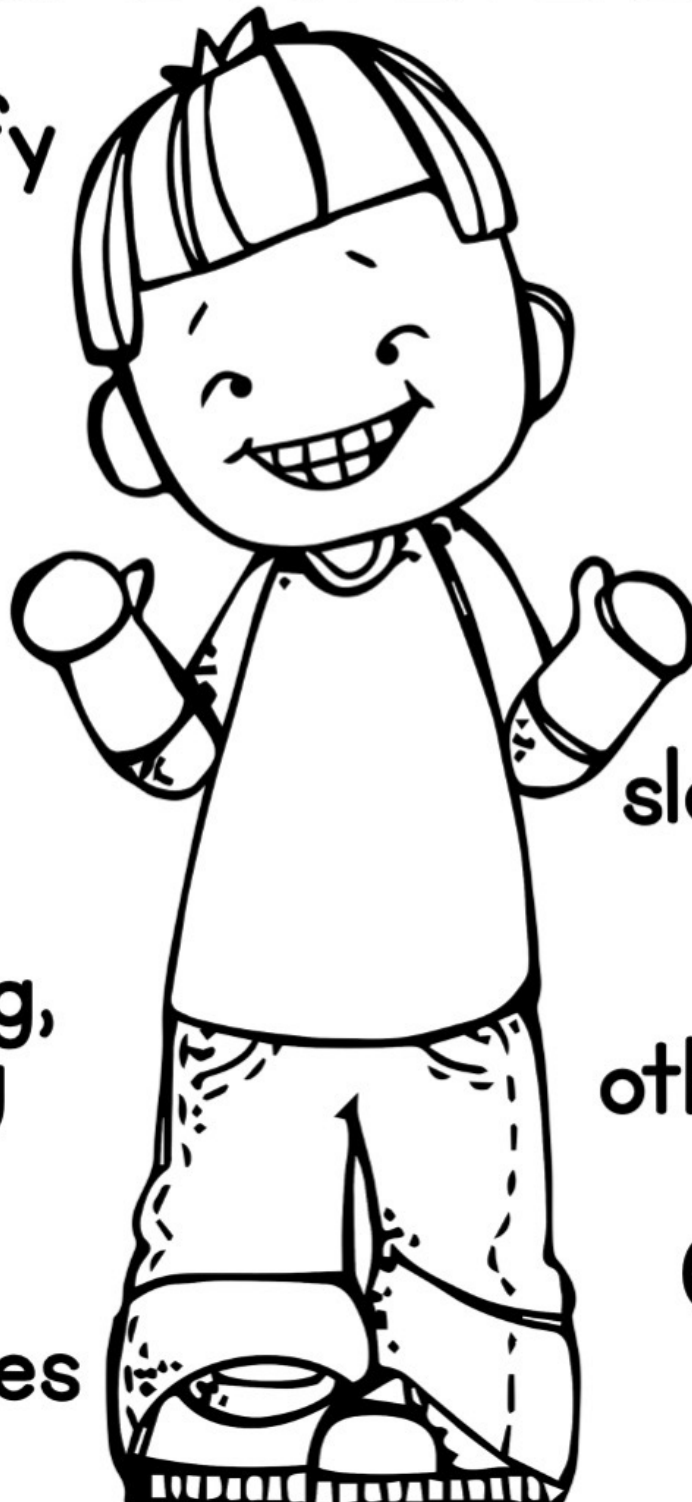
Loose,
sloppy body

Bouncing,
jumping

Making
others laugh

Making
funny faces

Clowning
around



Today I feel CURIOUS

Raised
eyebrows

Wide
eyes

Open
mouth

Focused
brain

Tilted
head

High
energy

Thinking
sounds

Nodding
head

Leaning
forward

Pointing
fingers



Today I feel CALM

Peaceful
smile

Clear
mind

Soft
eyes

Deep, even
breaths

Steady
heartbeat

Loose,
relaxed body

Open
posture

Comfortable
temperature

Soft
speech

Still
hands



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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

THIS RESOURCE WAS MADE POSSIBLE THANKS TO:

