

Bella's Feelings Cards



Help to express feelings and emotions.



Happy

I feel good and joyful.



Calm

I feel peaceful and relaxed.



Worried

I feel uneasy or nervous.



Sad

I feel down or unhappy.



Angry

I feel mad or frustrated.



Scared

I feel afraid or frightened.



Excited

I feel full of energy and excitement!



Tired

I feel sleepy or worn out.



Proud

I feel good about something I did.



Loved

I feel cared for and special.

