



Feelings

Cards



How to use the cards

Feelings are a big part of making decisions.

- ➔ Look at the Feelings cards.
- ➔ They can help you think about how you feel.
- ➔ They can help you say how you feel.
- ➔ They can help you say what makes you feel this way.



Angry

I feel angry

People do not understand me.

People talk over me.

People do not listen to what I want.

What makes you feel angry?



Overwhelmed

I feel overwhelmed

There is too much information.

There are too many people around me.

The decision feels too big.

There is too much to think about.

**What makes you feel
overwhelmed?**



Scared

I feel scared

I am doing something new.

I might get into trouble.

People are telling me I have to do something.

What makes you feel scared?



Worried

I feel worried

I have to make a hard decision.

I do not want to get it wrong.

I do not know what will happen.

What makes you feel worried?



Left out

I feel left out

Other people are making decisions for me.

My voice is not being heard.

No one is giving me the information I need.

What makes you feel left out?



Bullied

I feel bullied

People are pushing me to do things.

I feel scared to say no.

I feel I have no power.

What makes you feel bullied?



Excited

I feel excited

I love to try new things.

I want to be in charge of my life.

I have started making my own decisions.

What makes you feel excited?



Hopeful

I feel hopeful

I feel good things will happen.

People support me to do my own things.

This is how I want my life to be.

What makes you feel hopeful?



Inspired

I feel inspired

I can do things in different ways.

I have new ideas for my life.

I can make the life I want.

What makes me feel inspired?



Ready

I feel ready

I have all the information I need.

I want to grow and get things done.

I want to move forward with my life.

What makes me feel ready?



Independent

I feel independent

I make my own choices now.

I get to have the final say.

I do life my way.

**What makes you feel
independent?**



Supported

I feel supported

I decide what happens.

I can share the stress with people.

I know who to ask for support.

What makes you feel supported?

I feel

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This is because

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I feel

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This is because

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