

Emotional Faces Chart

Emotional Faces Chart - Children

Instructions: Children can use this chart to identify and express their emotions. They can select the facial expression that best represents how they feel at the moment.

Date: _____

Emotion	Facial Expression	Low Intensity	Medium Intensity	High Intensity
Happy	Smiling	☐	☐	☐
	Laughing	☐	☐	☐
	Excited	☐	☐	☐
	Proud	☐	☐	☐
	Content	☐	☐	☐
Sad	Crying	☐	☐	☐
	Frowning	☐	☐	☐
	Disappointed	☐	☐	☐
	Lonely	☐	☐	☐
	Hurt	☐	☐	☐

Angry	Yelling	☐	☐	☐
	Pouting	☐	☐	☐
	Frustrated	☐	☐	☐
	Mad	☐	☐	☐
	Irritated	☐	☐	☐
Scared	Trembling	☐	☐	☐
	Worried	☐	☐	☐
	Nervous	☐	☐	☐
	Fearful	☐	☐	☐
	Anxious	☐	☐	☐
Surprised	Wide-eyed	☐	☐	☐
	Shocked	☐	☐	☐
	Amazed	☐	☐	☐
	Speechless	☐	☐	☐
	Astonished	☐	☐	☐

Disgusted	Yucky	☐	☐	☐
	Grossed Out	☐	☐	☐
	Nauseous	☐	☐	☐
	Repulsed	☐	☐	☐
	Displeased	☐	☐	☐
Calm	Serene	☐	☐	☐
	Relaxed	☐	☐	☐
	Content	☐	☐	☐
	Tranquil	☐	☐	☐
	Neutral	☐	☐	☐
Stressed	Overwhelmed	☐	☐	☐
	Tense	☐	☐	☐
	Anxious	☐	☐	☐
	Nervous	☐	☐	☐
	Burned Out	☐	☐	☐

Focused	Concentrated	☐	☐	☐
	Determined	☐	☐	☐
	Engaged	☐	☐	☐
	Committed	☐	☐	☐
	Inspired	☐	☐	☐

Emotional Faces Chart - Adults

Instructions: Use this chart to identify and express your emotions in the workplace. Select the facial expression that best represents how you feel at the moment.

Date: _____

Emotion	Facial Expression	Low Intensity	Medium Intensity	High Intensity
Happy	Smiling	☐	☐	☐
	Relaxed	☐	☐	☐
	Content	☐	☐	☐
	Satisfied	☐	☐	☐
	Productive	☐	☐	☐
Stressed	Overwhelmed	☐	☐	☐
	Tense	☐	☐	☐

	Anxious	☐	☐	☐
	Nervous	☐	☐	☐
	Burned Out	☐	☐	☐
Focused	Concentrated	☐	☐	☐
	Determined	☐	☐	☐
	Engaged	☐	☐	☐
	Committed	☐	☐	☐
	Inspired	☐	☐	☐
Angry	Irritated	☐	☐	☐
	Frustrated	☐	☐	☐
	Livid	☐	☐	☐
	Disgruntled	☐	☐	☐
	Agitated	☐	☐	☐
Confident	Self-assured	☐	☐	☐
	Optimistic	☐	☐	☐
	Empowered	☐	☐	☐

	Assertive	☐	☐	☐
	Capable	☐	☐	☐
Bored	Uninterested	☐	☐	☐
	Distracted	☐	☐	☐
	Apathetic	☐	☐	☐
	Indifferent	☐	☐	☐
	Detached	☐	☐	☐
Appreciative	Thankful	☐	☐	☐
	Grateful	☐	☐	☐
	Content	☐	☐	☐
	Pleased	☐	☐	☐
	Acknowledged	☐	☐	☐