

# How are you feeling today?

There are no wrong answers. Every feeling is okay. Find the one that fits, or the closest to it.

Each card shows one feeling and the four others that share its screen in YouHue. Every one of them is a feeling in its own right.



## Happy

Joyful  
Proud  
Confident  
Glad



## Excited

Inspired  
Energetic  
Awesome  
Optimistic



## Loved

Appreciated  
Grateful  
Valued  
Fulfilled



## Calm

Content  
Hopeful  
Relaxed  
Creative



## Okay

Focused  
Bored  
Tired  
Curious



## Confused

Lost  
Restless  
Stuck  
Distracted



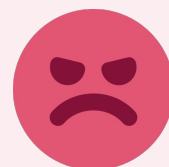
## Anxious

Stressed  
Scared  
Overwhelmed  
Nervous



## Sad

Disappointed  
Hurt  
Lonely  
Hopeless



## Angry

Frustrated  
Annoyed  
Insulted  
Jealous

# How are you feeling today?

There are no wrong answers. Every feeling is okay. Find the one that fits, or the closest to it.

Each card shows one feeling and the four others that share its screen in YouHue. Every one of them is a feeling in its own right.



## Happy

Joyful  
Proud  
Confident  
Glad



## Excited

Inspired  
Energetic  
Awesome  
Optimistic



## Loved

Appreciated  
Grateful  
Valued  
Fulfilled



## Calm

Content  
Hopeful  
Relaxed  
Creative



## Okay

Focused  
Bored  
Tired  
Curious



## Confused

Lost  
Restless  
Stuck  
Distracted



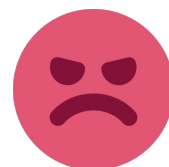
## Anxious

Stressed  
Scared  
Overwhelmed  
Nervous



## Sad

Disappointed  
Hurt  
Lonely  
Hopeless



## Angry

Frustrated  
Annoyed  
Insulted  
Jealous