OUR CLASSROOM FEELINGS

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

Feelings can change through the day, and that is normal. Checking in helps us notice them.

YouHue

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