



























Feelings Bingo

Calm	Upset	Afraid	 Bored	Fulfilled
 Surprised	Passionate	Furious	 Disappointed	 Proud
Patient	Agitated	FREE	Determined	Confident
Ashamed	Humiliated	 Worried	Vulnerable	Hesitant
Concerned	Overwhelmed	 Hungry	Reluctant	 Scared

Feelings Bingo

		Hesitant	Optimistic	
Bored	Hungry			Sad
Confident	Impatient	Fulfilled		
			Scared	Loved
		FREE	Passionate	
Proud	Lonely			Excited
Humiliated	Satisfied	Hurt	Grieved	Concerned
Insulted	Ashamed		Agitated	Doubtful
		Disappointed		





Feelings Bingo

Impatient	 Jealous	 Worried	Relieved	Panicked
Isolated	Furious	 Confused	 Loved	 Surprised
 Disappointed	Ashamed	FREE	Insulted	Afraid
Hesitant	Amazed	Amused	Self-Conscious	Patient
 Happy	 Scared	 Sad	Doubtful	 Excited










Feelings Bingo

 <p>Confused</p>	 <p>Excited</p>	Relaxed	 <p>Sad</p>	Confident
Determined	Reluctant	 <p>Frustrated</p>	Relieved	Grieved
Panicked	Offended	FREE	Isolated	Optimistic
Impatient	Discouraged	Thankful	Satisfied	Hopeless
Hurt	Insulted	Agitated	Neglected	Amused





Feelings Bingo

Irritable	Distracted	Impatient	Discouraged	Lost
 Loved	Engaged	Empowered	Insulted	 Jealous
Determined	Uncomfortable	FREE	Doubtful	Furious
Relaxed	Affectionate	Patient	Afraid	Upset
Vulnerable	 Surprised	 Proud	Hopeless	Hurt







Feelings Bingo

Isolated	 Happy	Humiliated	Neglected	 Jealous
 Sad	Optimistic	 Confused	Passionate	 Proud
Hurt	Self-Conscious	FREE	Irritable	Calm
Upset	Afraid	Confident	 Worried	 Frustrated
 Loved	Doubtful	Agitated	Relaxed	 Bored







Feelings Bingo

Confident	 Bored	Ashamed	Calm	Determined
 Disappointed	Neglected	Optimistic	Empowered	Hurt
Panicked	Doubtful	FREE	Concerned	Reluctant
Overwhelmed	Insulted	Affectionate	 Jealous	Self-Conscious
Impatient	Grieved	 Sad	Furious	Vulnerable

Feelings Bingo

Optimistic	 Jealous	Neglected	Amused	Self-Conscious
Impatient	 Sad	 Surprised	Engaged	Furious
Agitated	Patient	FREE	Uncomfortable	Irritable
Hurt	Satisfied	Hopeless	 Proud	Thankful
Afraid	Insulted	Distracted	 Scared	 Loved

Feelings Bingo

Furious	 Excited	Relaxed	Disturbed	 Happy
Jealous	Hurt	Hopeless	Optimistic	Isolated
Impatient	Self-Conscious	FREE	Vulnerable	 Scared
 Loved	 Surprised	 Confused	Passionate	Humiliated
Discouraged	Isolated	Irritable	Safe	Relaxed

Feelings Bingo



Bored



Happy

Neglected

Fulfilled



Curious

Insulted

Panicked

Concerned

Engaged



Loved



Lonely



Proud

FREE



Disappointed



Sad



Frustrated

Relieved

Confident

Affectionate

Hesitant



Hungry



Empowered

Safe




Overwhelmed

Patient









Feelings Bingo

Vulnerable	Satisfied	Hurt	Agitated	Neglected
Confident	Offended	Panicked	Grieved	Impatient
 Loved	Lost	FREE	Irritable	 Lonely
Ashamed	Upset	 Confused	Afraid	 Worried
Relaxed	Optimistic	 Curious	Doubtful	Fulfilled

Feelings Bingo

Impatient	 Proud	 Excited	Relaxed	 Sad
Hesitant	Thankful	Brave	Affectionate	Passionate
Determined	Grieved	FREE	Concerned	 Loved
Disturbed	Hurt	Doubtful	Insulted	Uncomfortable
Reluctant	Hopeless	Ashamed	 Scared	Confident






Feelings Bingo

 Curious	Offended	 Sad	Confident	Engaged
Afraid	 Bored	Hurt	Insulted	 Scared
Vulnerable	Lost	FREE	Doubtful	Insulted
 Worried	 Proud	Distracted	Irritable	Uncomfortable
 Confused	Humiliated	 Excited	Impatient	Self-Conscious







Feelings Bingo

Discouraged	Amused	Disturbed	Thankful	Insulted
Offended	Panicked	Agitated	 Loved	Uncomfortable
Eager	Satisfied	FREE	Hopeless	Hesitant
 Hungry	 Worried	Engaged	Safe	Vulnerable
 Happy	Patient	 Lonely	Upset	 Excited

Feelings Bingo

Calm	 Excited	 Curious	Afraid	 Sad
Ashamed	Affectionate	 Frustrated	 Loved	Hopeless
Furious	Doubtful	FREE	Grieved	Vulnerable
Jealous	Neglected	Adventurous	Thankful	Insulted
Amused	Impatient	Distracted	Irritable	Self-Conscious

Feelings Bingo

Jealous	Neglected	Amused	Isolated	 Curious
Optimistic	Impatient	Discouraged	Insulted	Empowered
Brave	Interested	FREE	Eager	Engaged
 Disappointed	Upset	 Excited	Empathetic	Afraid
Shocked	 Lonely	 Bored	 Sad	Reluctant

Feelings Bingo

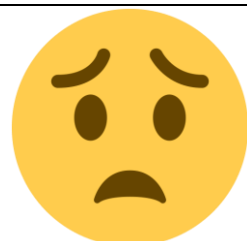


Happy

Confident

Ashamed

Humiliated



Worried

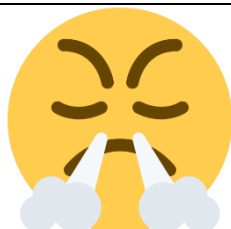
Vulnerable

Hesitant

Concerned

Disturbed

Overwhelmed



Frustrated



Scared

FREE



Surprised

Relieved



Loved

Insulted

Offended

Lost

Uncomfortable

Optimistic

Eager

Distracted







Bored



Nervous

Feelings Bingo

Empathetic	Passionate	Fulfilled	Engaged	Self-Conscious
Impatient	Neglected	 Jealous	Adventurous	Disturbed
 Confused	Delighted	FREE	 Embarrassed	Safe
Thankful	Doubtful	Insulted	Offended	Uncomfortable
Agitated	 Angry	Grieved	Amused	Hurt

Feelings Bingo



Nervous

Amused

Neglected



Jealous

Self-Conscious

Insulted

Interested

Hopeless

Satisfied



Hungry

Hesitant

Humiliated

FREE



Happy



Bored

Afraid

Upset

Calm

Eager



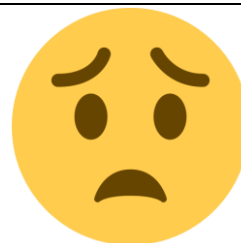
Excited

Relaxed



Sad









Confident







Worried

Concerned










Feelings Bingo

Irritable	Distracted	Empowered	Insulted	Amazed
Doubtful	Lost	Brave	 Scared	Overwhelmed
Fulfilled	Ashamed	FREE	 Lonely	 Proud
 Disappointed	 Confused	Safe	 Excited	Relaxed
 Embarrassed	Confident	 Worried	Shocked	Empathetic







Feelings Bingo

Hopeless	Disturbed	Insulted	 Jealous	Grieved
Lost	Hesitant	Concerned	Upset	Overwhelmed
Calm	 Confused	FREE	Disturbed	 Lonely
Safe	Adventurous	Empathetic	Relieved	Compassionate
 Happy	 Sad	Eager	Discouraged	 Nervous

Feelings Bingo

Irritable		Distracted		
	Tired		Proud	Disappointed
	Concerned		Relieved	Isolated
Worried		Frustrated		
Optimistic	Impatient	FREE	Empowered	
				Angry
		Humiliated	Compassionate	Satisfied
Bored	Happy			
Insulted		Neglected	Amazed	Panicked
	Jealous			

Feelings Bingo

Optimistic	 Confused	 Disappointed	 Embarrassed	 Lonely
Ashamed	Safe	Delighted	 Loved	Doubtful
Lost	Vulnerable	FREE	 Sad	Relaxed
Calm	Shocked	 Bored	Hurt	Insulted
Offended	Compassionate	Confident	 Scared	Eager

Feelings Bingo



Disappointed



Proud



Lonely

Safe

Ashamed

Disturbed

Calm

Upset

Afraid



Bored



Happy

Humiliated

FREE

Hesitant



Confused



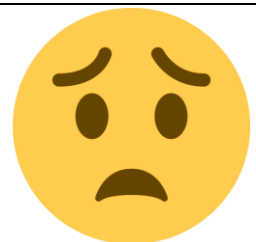
Excited

Relaxed



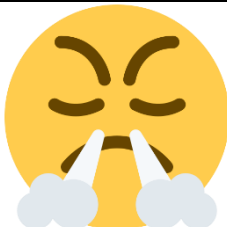
Angry

Adventurous



Worried

Concerned






Frustrated

Relieved











Grieved

Panicked




Feelings Bingo

Amazed	Impatient	 zzz Tired	Optimistic	Isolated
Delighted	Panicked	Grieved	Relieved	 Frustrated
Concerned	 Worried	FREE	Confident	 Sad
Relaxed	 Nervous	 ? Confused	Amused	Self-Conscious
Neglected	 Jealous	Insulted	Hurt	Hopeless









Feelings Bingo

		Calm		
Disappointed	Embarrassed		Proud	Excited
Upset	Empathetic	Relaxed	Afraid	Safe
		FREE	Ashamed	Confident
Sad	Bored			
	Compassionate		Humiliated	Overwhelmed
Happy		Worried		
	Concerned	Delighted		
Tired			Scared	Frustrated









Feelings Bingo

Irritable	 A yellow circular emoji with closed, downward-curved eyes and a small open mouth. Three blue 'Z's are floating above the head, indicating sleep or exhaustion.	Discouraged	Self-Conscious	Distracted
Adventurous	 A red-orange circular emoji with furrowed brows, slanted downward eyes, and a downturned mouth.	Empowered	Brave	Neglected
Insulted	Isolated	FREE	 A yellow circular emoji with wide, staring eyes, arched eyebrows, and a small, tight mouth.	 A yellow circular emoji with heavy-lidded eyes, a wide-open mouth showing teeth, and clenched fists held up to the cheeks.
Offended	Shocked	Interested	Grieved	Uncomfortable
Hopeless	Amazed	Relieved	Satisfied	Concerned

Feelings Bingo

 <p>Confused</p>	Discouraged	 <p>Tired</p>	 <p>Excited</p>	Impatient
Relaxed	Optimistic	 <p>Sad</p>	Isolated	Disturbed
Offended	 <p>Worried</p>	FREE	Concerned	Grieved
Panicked	 <p>Frustrated</p>	Amused	 <p>Jealous</p>	Self-Conscious
Upset	Neglected	Afraid	Upset	 <p>Happy</p>

Feelings Bingo

Irritable	 Disappointed	Distracted	 Proud	 Angry
Empowered	 Lonely	Insulted	Delighted	Uncomfortable
Ashamed	Doubtful	FREE	Vulnerable	 Embarrassed
Overwhelmed	 Loved	Interested	Safe	Relieved
Impatient	Isolated	Optimistic	 Confused	 Excited

Feelings Bingo

Calm	Shocked	Upset	Self-Conscious	Afraid
Amused	 Bored	Adventurous	 Happy	 Angry
Disturbed	Insulted	FREE	Hesitant	Hurt
Delighted	Interested	Satisfied	Brave	Uncomfortable
 Confused	 Excited	Grieved	Safe	Amazed

Feelings Bingo (Pictures and Words)

Word Bank

- Calm
- Upset
- Afraid
- Bored
- Happy
- Humiliated
- Hesitant
- Hungry
- Satisfied
- Hopeless
- Hurt
- Insulted
- Jealous
- Neglected
- Amused
- Self-conscious
- Tired
- Confused
- Excited
- Relaxed
- Sad
- Confident
- Worried
- Concerned
- Frustrated
- Relieved
- Grieved
- Panicked
- Offended
- Isolated
- Optimistic
- Impatient
- Discouraged
- Disappointed
- Proud
- Lonely
- Safe
- Ashamed
- Vulnerable
- Overwhelmed
- Scared
- Loved
- Lost
- Doubtful
- Uncomfortable
- Empowered
- Distracted
- Irritable
- Patient
- Eager
- Delighted
- Engaged
- Fulfilled
- Amazed
- Passionate
- Angry
- Agitated
- Disturbed
- Furious
- Adventurous
- Brave
- Determined
- Affectionate
- Empathetic
- Compassionate
- Interested
- Curious
- Worthless
- Nervous
- Embarrassed
- Thankful
- Reluctant
- Shocked
- Surprised

Sample Clues

1. I'm having my favourite food today. I'm so ____ (excited)
2. Jack's dog just died. He is feeling ____ (grieved)
3. Jessica needs to ask her teacher for help because she is so ____ (confused)
4. There's nothing to do, I'm so ____ (bored)
5. I only got 1 piece of candy, but my friend got two I'm so ____ (jealous)
6. My favourite team lost the hockey game, I'm so ____ (disappointed)
7. I got an A on my test! I'm so ____ (proud)
8. Sara got a big stain on her shirt at lunch and her friends start making fun of her. She is feeling ____ (humiliated)
9. Alex is trying to do his homework but his sister is watching TV right beside him. He is feeling ____ (distracted)
10. Sam got a big hug from his parents before bed and feels ____ (loved)
11. Steve forgot about the big math test at school today and feels ____ (panicked)

12. It's the weekend! Jenny is so ____ (relaxed)
13. Serena is at home by herself and feels so ____ (lonely)
14. Lisa did not sleep very well and is very ____ (tired)
15. John's mom said she would be home from work at 5 but now it's 6 o'clock and she's still not home. John is very ____ (concerned)
16. John's mom gets home at 6:15 and explains that she had to work late but her phone died so she could not call him. John feels ____ (relieved)
17. Between school, chores, and helping out with her younger siblings, Rebecca is feeling very ____ (overwhelmed)
18. Susan takes three deep breaths to help her feel more ____ (calm)
19. Chris got in a big fight with his friends at school today and is very ____ (upset)
20. Jake has been practicing guitar for the talent show and is feeling very ____ (confident)
21. James is sitting with his two friends when they get in an argument and want him to take sides. James feels very ____ (uncomfortable)
22. Janet thinks there might be a monster under her bed and is ____ (afraid)
23. Someone at school spread a mean rumour about Alice and she feels so ____ (hurt)
24. It's almost lunch time and Simon feels ____ (hungry)
25. Jared feels like nobody understands him. He feels so ____ (hopeless)
26. Mary has tried drawing so many times and feels like she'll never be good at it. Mary is feeling ____ (discouraged)
27. Kelly knows that today will be a good day because she is very ____ (optimistic)
28. Stephen knows he has to wait for the toy that his friend is playing with but he's having trouble because he's so ____ (impatient)
29. Mary is going to finish high school soon. She is struggling to figure out what to do once she graduates. Mary is feeling very ____ (lost)
30. Suzie is very ____ (doubtful) that her friend is telling the truth
31. Stella has been invited to Sara and Kelly's birthday parties but they're on the same day. She isn't sure what to do. Stella is feeling ____ (hesitant)
32. Jamie was really hungry but after eating dinner he is feeling ____ (satisfied)
33. Frank is feeling very ____ (amused) by his friends telling funny jokes
34. Molly is so excited that her parents finally got her a pet dog but she keeps forgetting to take it for walks. Molly's dog probably feels ____ (neglected)
35. Julia got a brand new outfit for the first day of school but when she gets there all the other kids stare at her. Julie starts to feel very ____ (self-conscious)
36. Noah is playing basketball but can't get the ball in the net. He's starting to feel very ____ (frustrated)
37. Charlotte thought she was telling really funny jokes but her friends found them inappropriate and were ____ (offended)
38. Justin has been watching tv and has not left the house for days. He is starting to feel very ____ (isolated)
39. Robert said some really mean things to his friend and hurt his feelings. Now he feels ____ (ashamed) for his inappropriate behaviour.
40. Jason is being bullied at school but doesn't want to tell his parents. When he eventually does, he feels very ____ (vulnerable)
41. Karen has a big test tomorrow and is very ____ (worried)

42. Monica keeps asking her older brother for help with her homework but he is ignoring her. Monica is feeling ____ (insulted)
43. For the first time, Joseph's parents allowed him to choose what the family will have for dinner tonight. He feels ____ (empowered)
44. Henry is watching his little sister and she's been crying all day. When his parents get home, Henry is in a very bad mood. He is feeling very ____ (irritable)
45. Josephine is so ____ (happy) to see her mom after school
46. Mia had so much fun at her friend's birthday party but now that it's over she's ____ (sad)
47. Amelia got separated from her mom at the grocery store. When she is finally reunited with her mom, she feels very ____ (safe)
48. Lucas' parents are fighting again and he is feeling very ____ (scared)
49. Jacob feels like he's had his hand up to ask his teacher a question forever. He sees that lots of other kids are also waiting to ask questions and knows that he has to be ____ (patient)
50. Miriam loves school and is very ____ (eager) to learn something new
51. Jeremy is ____ (delighted) that he gets to have his favourite kind of cake on his birthday
52. Emma is studying her favourite subject in school and is very ____ (engaged)
53. Dan accomplished his lifelong dream of becoming a pilot and feels very ____ (fulfilled)
54. Billy saw the northern lights for the first time and was ____ (amazed)
55. Chloe feels very ____ (passionate) about animal rights
56. Amy's sister is bothering her and she's getting ____ (angry)
57. Curtis has been trying to call his mom all day but she won't pick up. He is starting to feel ____ (agitated)
58. Jackson's friends are talking about a scary movie they watched together on the weekend and he is feeling very ____ (disturbed)
59. Jasmine's older sister keeps making fun of her and she is ____ (furious)
60. David is on vacation with his family and is having fun exploring the new town they're visiting. He is feeling very ____ (adventurous)
61. Suzanne doesn't like going to the doctor but knows she has to be ____ (brave) and do it anyway
62. Grace is struggling to find the right pieces for the puzzle she is working on but is ____ (determined) to finish it
63. Norman's cat loves to curl up on his lap and purr. It's very ____ (affectionate)
64. Nathan's mom was very ____ (empathetic) toward her son when he was sick
65. Elizabeth opened the door for the woman with young children and a lot of grocery bags because she was feeling ____ (compassionate)
66. Nathaniel's friends are playing a cool new game and he is ____ (interested) in joining for the next round
67. Stephen asked his cousin a question because he was ____ (curious) to learn more about what she was talking about
68. Bridget feels like she can't do anything right and is starting to feel ____ (worthless)
69. Franklin has a big hockey tournament coming up and he's feeling very ____ (nervous)
70. Kim was running late for school and got dressed in a hurry without realizing that her clothes don't match. When the other kids at school start making fun of her she feels ____ (embarrassed)
71. Jane is so lucky to have friends and family who love her. She is very ____ (thankful)

72. Cooper was ____ (reluctant) to try playing basketball but now he loves it
73. Ryan thought Sally was his friend and was _____ (shocked) when she said mean things to him
74. Jamie's friend Sally said she couldn't make it to his birthday party so when she arrives, he's so _____ (surprised)

Feelings Bingo Pre-test (Pictures and Words)

How are you feeling today?

What do you do when you are feeling angry?

Feelings Bingo Post-test (Pictures and Words)

After playing the game can you use a different word to describe how you are feeling right now?

Is there anything you can do differently the next time you feel angry?