

Feelings Bingo

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

Feelings Bingo

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

Feelings Bingo

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

Feelings Bingo

Confused	Excited	Relaxed	Sad	Confident
Determined	Reluctant	Frustrated	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	Worthless	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	Worthless	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	Worthless	Confused	Passionate	Humiliated
Discouraged	Isolated	Irritable	Safe	Relaxed

Feelings Bingo

Bored	Happy	Neglected	Fulfilled	Indifferent
Insulted	Panicked	Concerned	Engaged	Loved
Lonely	Proud	FREE	Disappointed	Sad
Frustrated	Relieved	Confident	Affectionate	Hesitant
Inspired	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	Indifferent	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

Indifferent	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
Inspired	Worried	Engaged	Safe	Vulnerable
Happy	Patient	Lonely	Upset	Excited

Feelings Bingo

Calm	Excited	Indifferent	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	Indifferent
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	Worthless	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	Remorseful	Safe
Thankful	Doubtful	Insulted	Offended	Uncomfortable
Agitated	Thrilled	Grieved	Amused	Hurt

Feelings Bingo

Nervous	Amused	Neglected	Jealous	Self-Conscious
Insulted	Interested	Hopeless	Satisfied	Inspired
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
Remorseful	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	Tired	Distracted	Proud	Disappointed
Worried	Concerned	Frustrated	Relieved	Isolated
Optimistic	Impatient	FREE	Empowered	Thrilled
Bored	Happy	Humiliated	Compassionate	Satisfied
Insulted	Jealous	Neglected	Amazed	Panicked

Feelings Bingo

Optimistic	Confused	Disappointed	Remorseful	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	Thrilled	Adventurous	Worried
Concerned	Frustrated	Relieved	Grieved	Panicked

Feelings Bingo

Amazed	Impatient	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

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

Feelings Bingo

Irritable	Tired	Discouraged	Self-Conscious	Distracted
Adventurous	Thrilled	Empowered	Brave	Neglected
Insulted	Isolated	FREE	Jealous	Nervous
Offended	Shocked	Interested	Grieved	Uncomfortable
Hopeless	Amazed	Relieved	Satisfied	Concerned

Feelings Bingo

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

Feelings Bingo

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

Feelings Bingo

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

Feelings Bingo (Words Only)

Word Bank

- Calm
- Upset
- Afraid
- Bored
- Happy
- Humiliated
- Hesitant
- Inspired
- 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
- Thrilled
- Agitated
- Disturbed
- Furious
- Adventurous
- Brave
- Determined
- Affectionate
- Empathetic
- Compassionate
- Interested
- Indifferent
- Worthless
- Nervous
- Remorseful
- Thankful
- Reluctant
- Shocked

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. Madison sees her friend painting and wants to try too. She's feeling very ____ (inspired)
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. Karen has a big test tomorrow and is very ____ (worried)
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. 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)

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. Amber got the highest mark in her class on the test and is ____ (thrilled)
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. Lucy's brother and sister have strong opinions about what to do on Christmas but she's ____ (indifferent)
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. Sophia feels ____ (remorseful) for causing trouble for her parents
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

Feelings Bingo Pre-test (Words Version)

Do you enjoy talking about your feelings?

Can you name a situation where you would feel frustrated?

Can you name a situation where you would feel nervous?

Feelings Bingo Post-test (Words Version)

Do you feel better or worse talking about your feelings now?

Can you name a different situation where you would feel frustrated?

Can you name a different situation where you would feel nervous?