

# SORTING EMOTIONS

When filling out your emotions toolbox, remember that emotions are healthy and that everybody feels emotions differently. There are no wrong answers to sort your emotions.

Cut this page along the dotted lines to create your emotions toolbox. Then place the tabs (tape or glue) in the emotion tab you think they belong in.



Happy



Anger



Peaceful



Sad



Fear



Powerful	Humiliated	Worried
Hurt	Ignored	Aggressive
Disappointed	Proud	Frustrated
Anxious	Relaxed	Optimistic
Appreciated	Bored	Respected

