




## FOUNDATION STAGE



**HAPPY**

Feeling smiley and positive.



**SAD**

Feeling unhappy and maybe wanting to cry.



**EXCITED**

Feeling a high level of happiness and energy about something that's happening or about to happen.



**tired**

Being sleepy with little energy.



**PLEASED**

Feeling good about something that's happening or about to happen.



**DISAPPOINTED**

Feeling sad that something did not work out the way you wanted it to.



## FOUNDATION STAGE



**Calm**

Feeling peaceful and without worries.



**ANGRY**

Strong feeling that you get when you believe something isn't right or fair.



**KIND**

Feeling that you want to do things to help others or make them happy.



**SCARED**

The feeling that comes from believing you won't be able to do something or you are not safe.



**Safe**

Feeling looked after and protected.



**WORRIED**

Feeling uncomfortable and concerned about something now or in the future.

