

Feelings Quiz



To help you understand how you are feeling, tick the options below which apply to you. It may also help to think about how other people could be feeling too.

	You	Mum	Dad	Brother/ Sister
Loved	0	0	0	0
Confused	0	0	0	0
Relieved	0	0	0	0
Angry	0	0	0	0
Brave	0	0	0	0
Scared	0	0	0	0
Responsible	0	0	0	0
Worried	0	0	0	0
Lost	0	0	0	0
Нарру	0	0	0	0
Fed up	0	0	0	0
Unhappy	0	0	0	0
Hopeful	0	0	0	0
Guilty	0	0	0	0
Let down	0	0	0	0
Sad	0	0	0	0
Embarrassed	0	0	0	0
Forgotten	0	0	0	0