

HOW ARE YOU FEELING?

Which Inside Out character best describes your emotions?



Anger

Joy

Disgust

Sadness

Fear

Mad

Irritated

Jealous

Happy

Proud

Playful

Embarrassed

Appalled

Disappointed

Upset

Lonely

Hurt

Worried

Nervous

Scared

I feel

because

People around me can help by...



Check the little box if you would like to speak to somebody about how you are feeling.