

Emotion Cards — my plan

STEP 1



Comfortable

I feel okay or settled.



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STEP 2



Interested

I want to look, know or try.



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STEP 3



Excited

My energy feels big.



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STEP 4



Worried

I may need more information or time.



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STEP 5



Frustrated

Something feels blocked, hard or unfair.



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STEP 6



Sad

I may want space, comfort or company.



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STEP 7



Overwhelmed

Everything may feel like too much.



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STEP 8



Not sure

I do not have to know the word yet.



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