**Physical and Emotional Feelings**

Besides each feeling write either

“P” if you think it is a PHYSICAL feeling,

“E” if you think it is an EMOTIONAL feeling,

“B” if you think it can be BOTH.

|  |  |  |  |
| --- | --- | --- | --- |
| Hot |  | Brave |  |
| Sad |  | Disappointed |  |
| Joyful |  | Cold |  |
| Dry |  | Hungry |  |
| Sick |  | Happy |  |
| Dizzy |  | Sore |  |
| Angry |  | Excited |  |
| Soaked |  | Wet |  |
| Thirsty |  | Ignored |  |
| Annoyed |  | Itchy |  |
| Frustrated |  | Sweaty |  |
| Sleepy |  | Jealous |  |
| Confident |  | Freezing |  |
| Giddy |  | Proud |  |
| Irritated |  | Nauseous |  |
| Determined |  | Tingly |  |
| Bored |  | Nervous |  |
| Achy |  | Warm |  |
| Special |  | Contented |  |
| Ashamed |  | Strong | . |