

Emotion Monster Cards



I was angry



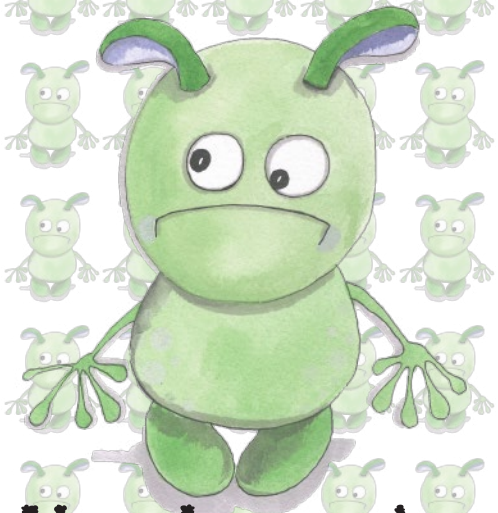
Now I am content

I was worried



Now I am reassured

I was anxious



Now I am calm

I was grumpy



Now I am nice

I was lonely



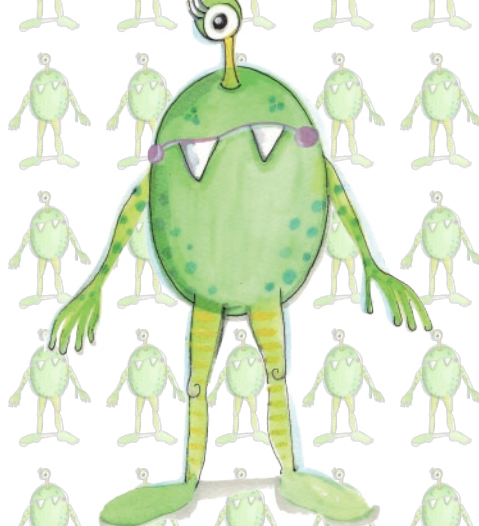
Now I am friendly

I was moody



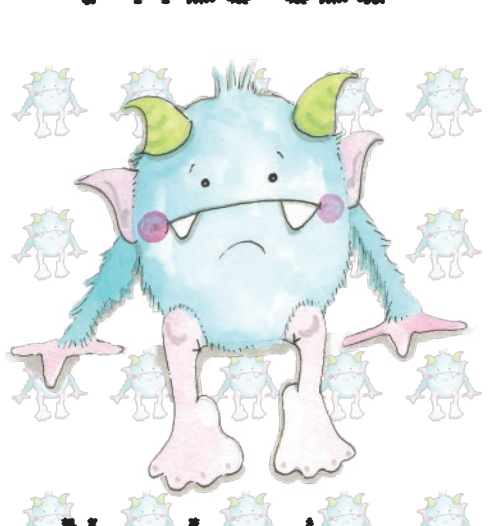
Now I am cheerful

I was jealous



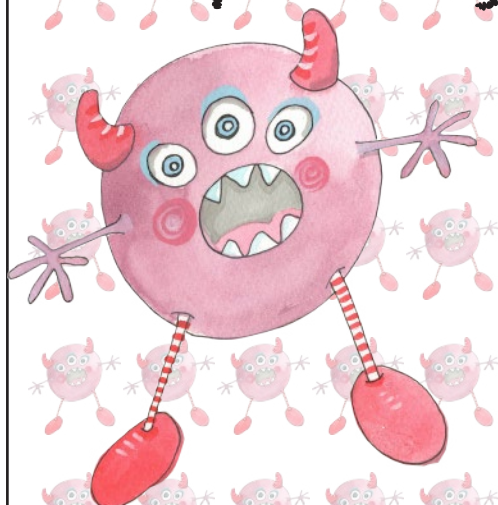
Now I am grateful

I was sad



Now I am happy

I was panicking



Now I am peaceful

I was scared



Now I am brave

I was frustrated



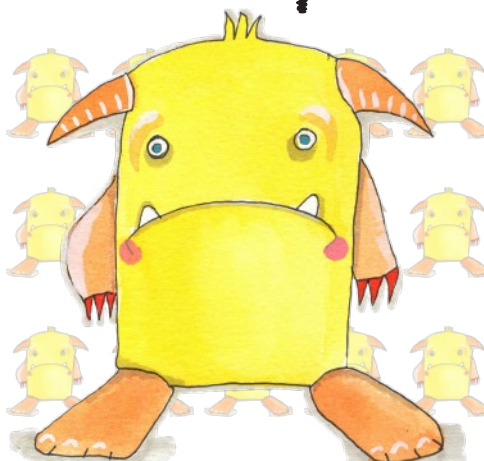
Now I am content

I was stressed



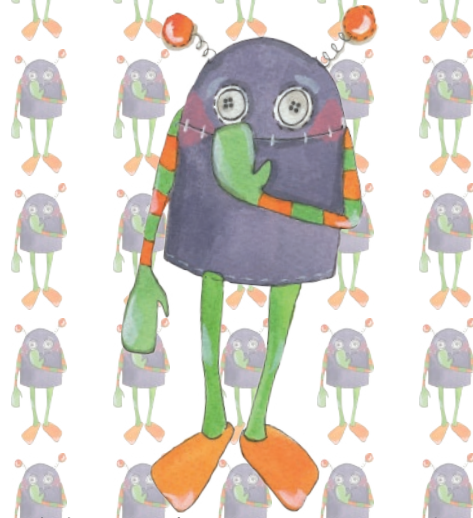
Now I am relaxed

I was upset



Now I am cheerful

I was ashamed



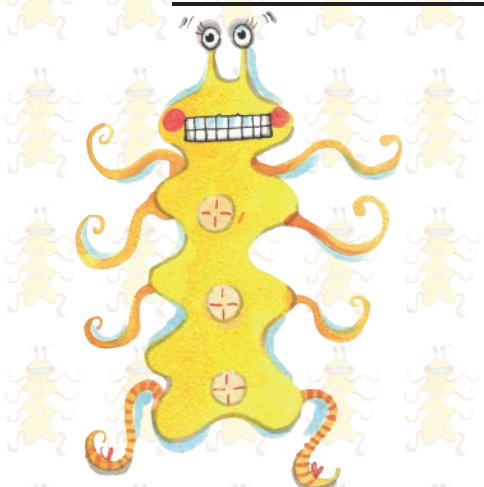
Now I am proud

I was _____



Now I am _____

I was _____



Now I am _____

relax Kids

Cut out these monster emotion cards to learn all the different emotion monsters and their positive opposite.

- There are 2 additional cards for you to create your own monster feelings.