

Emotion Cards

Putting emotions, feelings
and moods into words

RyhmäRenki.fi

RyhmäRenki's Emotion Cards

The cards can be used to express feelings in different kind of training and education, in gatherings and group activities.

You can get valuable feedback by making everyone express their feelings using the cards at the beginning and end of events.

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impatient

pensive

motivated

excited

relieved

reborn

controversial

anticipatory

appreciated

adventurous

muddled

accepted

energetic

insecure

entranced

tense

stuck

agitated

critical

fed up

determined

decisive

helpless

happy

disappointed

peaceful

insufficient

provoked

committed

stressed

hopeful

frustrated

satisfied

excluded

enlightened

reserved

refreshed

anxious

empowered

tired

lonely

surprised

full

accomplished

annoyed

horrified

thankful

curious

touched

calm

confused

bored

glad

understood

astonished

old-fashioned

emancipated

misunderstood

vigorous

normal

sad

worried

nervous

jealous

chaotic

busy

cheerful

revived

creative

restless

weary

youthful

humble

confident

wild

vital

successful

How do you feel?