



**Give us
a break!**

Resource sheet 12a
**Feelings charades/
bingo cards**

These should be photocopied on to card and cut up into individual cards.

Mad	Excited	Frightened
Terrified	Petrified	Scared
Shocked	Horrified	Devastated
Disappointed	Anxious	Nervous
Confused	Guilty	Tearful
Embarrassed	Tense	Angry
Afraid	Unhappy	Upset
Hurt	Relaxed	Grumpy



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Resource sheet 12b
**Feelings charades/
bingo cards**

Worried	Ashamed	Uptight
Depressed	Calm	Insecure
Mortified	Crushed	Bold
Ecstatic	Joyous	Playful
Cheeky	Elated	Thrilled
Mournful	Inconsolable	Despairing
Sombre	Broken- hearted	Lonely
Lost	Abandoned	Friendless



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Resource sheet 12c
**Feelings charades/
bingo cards**

Miserable	Dejected	Down In The Dumps
Bothered	Troubled	Concerned
Fearful	Uneasy	Fretful
Responsible	Humiliated	To Blame
Self-Conscious	Uncomfortable	Distressed
Gloomy	Snappy	Irritable
Cross	Bad-tempered	Annoyed
Livid	Baffled	Puzzled



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Resource sheet 12d
**Feelings charades/
bingo cards**

Timid	Bewildered	Surprised
Pleased	Aggressive	Bored
Thoughtful	Satisfied	Proud
Jolly	Wonderful	Fed Up
Glad	Relieved	Stunned
Amazed	Agitated	