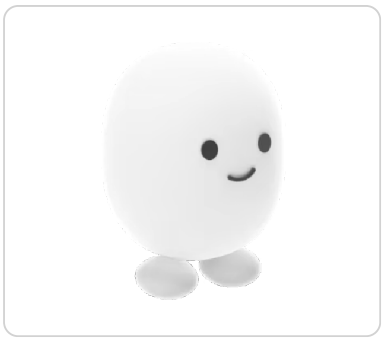


Okay

Fine. Nothing much going on either way.

feelbits.app



Meh

Flat and indifferent, neither good nor bad.

feelbits.app



Bored

Nothing feels interesting or engaging right now.

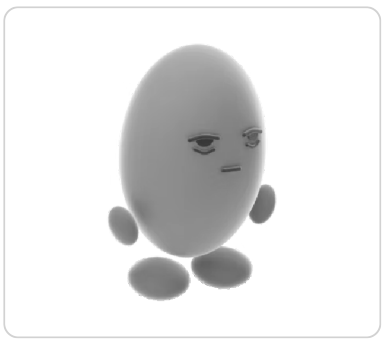
feelbits.app



Tired

Low on energy and in need of rest.

feelbits.app



Exhausted

Completely drained, with nothing left in the tank.

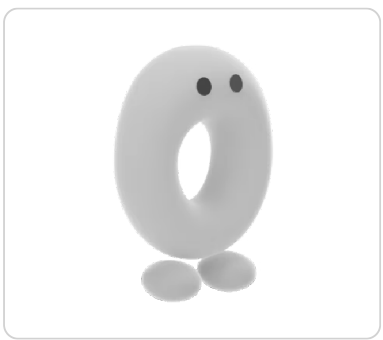
feelbits.app



Disappointed

Let down when something did not turn out as hoped.

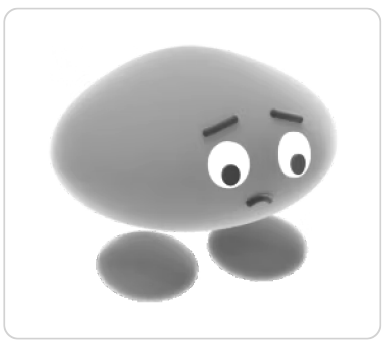
feelbits.app



Lonely

Wishing for closeness or company you do not have.

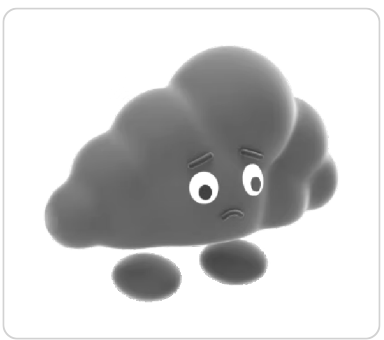
feelbits.app



Guilty

Feeling bad about something you did or did not do.

feelbits.app



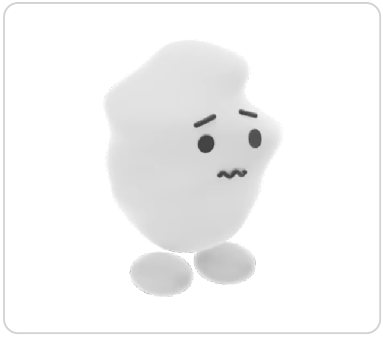
Sad

Heavy and down because of a loss or something that hurt.

feelbits.app

Feelbits
A free feelings tracker for iPhone.
Scan to get it.

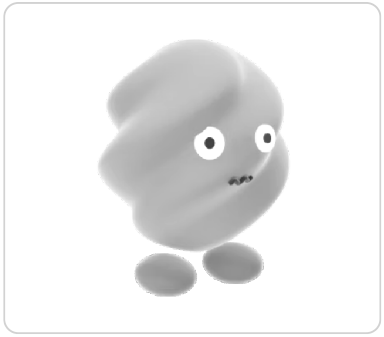
Free to print at home, in classrooms and in practices. Please credit feelbits.app.



Anxious

Uneasy about something that might go wrong.

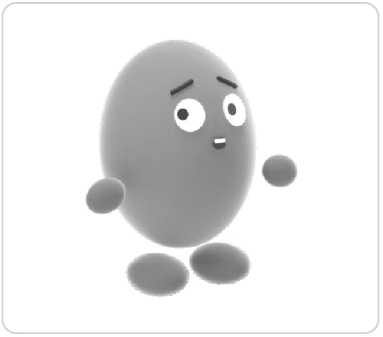
feelbits.app



Stressed

Under pressure, with too much being asked of you.

feelbits.app



Scared

Sensing danger and wanting to get away from it.

feelbits.app



Overwhelmed

So much is going on that it feels like too much to handle.

feelbits.app



Annoyed

Mildly bothered or irritated by something.

feelbits.app



Frustrated

Blocked from something you want or are trying to do.

feelbits.app



Angry

Heated displeasure at something that feels wrong or unfair.

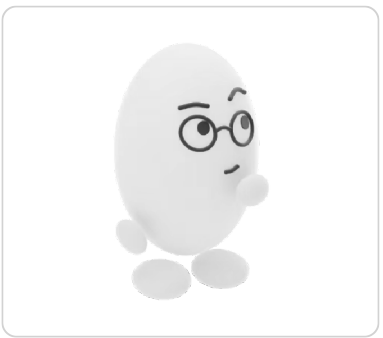
feelbits.app



Furious

Intensely angry, close to boiling over.

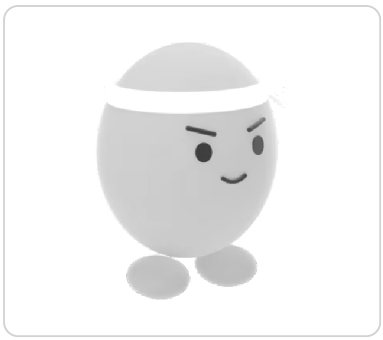
feelbits.app



Curious

Wanting to explore, learn or find out more.

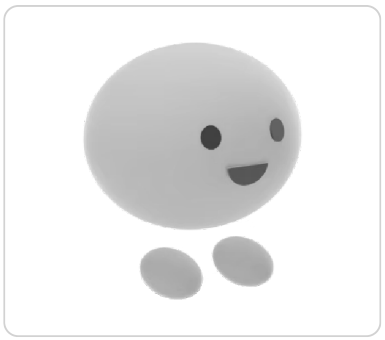
feelbits.app



Motivated

Ready and willing to get things done.

feelbits.app



Energetic

Full of physical get-up-and-go.

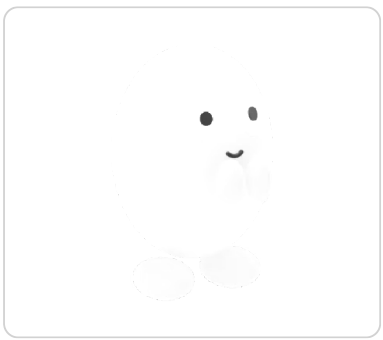
feelbits.app



Excited

Buzzing with eager energy about something good.

feelbits.app



Hopeful

Expecting that things can turn out well.

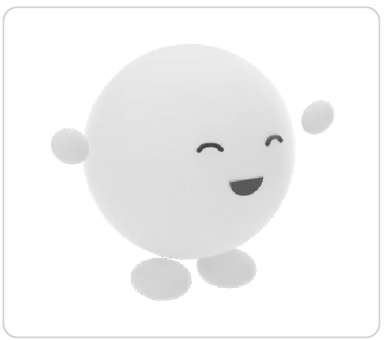
feelbits.app



Confident

Trusting yourself to handle what comes.

feelbits.app



Happy

Feeling good and glad about how things are going.

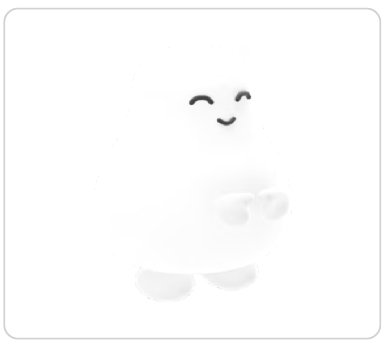
feelbits.app



Proud

Pleased with something you or someone close to you did.

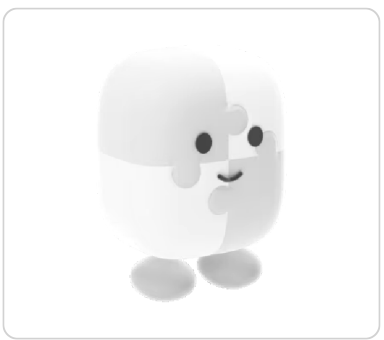
feelbits.app



Content

Satisfied with things just as they are.

feelbits.app



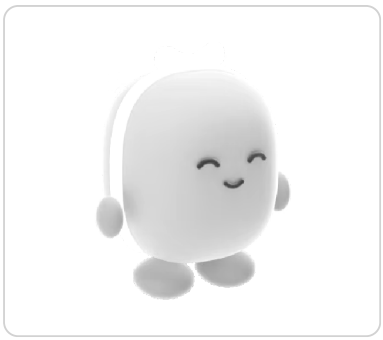
Connected

Close to and understood by other people.

feelbits.app

Feelbits
A free feelings tracker for iPhone.
Scan to get it.

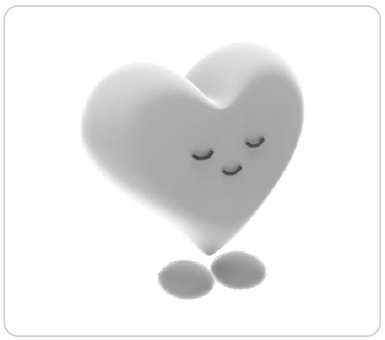
Free to print at home, in classrooms and in practices. Please credit feelbits.app.



Grateful

Thankful for something or someone in your life.

feelbits.app



Loved

Cared for and valued by someone.

feelbits.app



Relieved

A weight has lifted after worry or strain.

feelbits.app



Relaxed

Loose and at ease in body and mind.

feelbits.app



Calm

Settled and steady, without tension.

feelbits.app



Peaceful

Quiet inside, with nothing pulling at you.

feelbits.app

Draw your own Feelbit

feelbits.app

Draw your own Feelbit

feelbits.app

Draw your own Feelbit

feelbits.app

Feelbits
A free feelings tracker for iPhone.
Scan to get it.

Free to print at home, in classrooms and in practices. Please credit feelbits.app.