

# CHARADES ACTIVITY

## UNIVERSAL FEELINGS FOR THE EMPATHIZERS

Disappointed

Ashamed

Afraid

Courageous

Grateful

Happy

Worried

Frustrated

Outraged

Proud

Joyous

Curious

Bored

Discouraged

Troubled

Thankful

Thrilled

Excited

Confused

Alone

Heartbroken

Inspired

Amazed

Tired

Embarrassed

Angry

Appreciative

Included

Here is an example:

You feel proud and need appreciation.

## UNIVERSAL NEEDS FOR THE EMPATHIZERS

Purpose

Independence

Hope

Acknowledged

Excitement

Safety

Rest

Understanding

Acceptance

Compassion

Belonging

Participation

Community/Friends

Justice

Kindness

Recognition

Respect

Appreciation

Support

Inclusion/included

Here is an example:

You feel discouraged and need hope.