

Children's List of Feeling Words:

GLAD	SAD	MAD	AFRAID	OTHER
content		bugged	uncomfortable	shy
glad	blah	annoyed	startled	curious
pleased	blue	irritated	uneasy	sassy
playful	gloomy	mean	tense	weird
cheerful	rotten	crabby	anxious	confused
giddy	sad	cranky	worried	moody
calm	unhappy	grumpy	concerned	small
comfortable	empty	grouchy	timid	quiet
cozy		_____	_____	jealous
safe		_____	_____	embarrassed*
relaxed	_____			guilty*
confident*	_____			responsible**
strong				concerned**
peaceful				ashamed*
_____				caring**
_____				bored

delighted	disappointed	disgusted	alarmed	
jolly	hurt	ticked off	scared	
bubbly	lost	mad	afraid	
tickled	sorry	angry	frightened	
silly	ashamed	smoldering	fearful	
frisky	lonely	hot	threatened	
happy	down	frustrated	trembly	
proud*	hopeless	impatient	shaken	
joyful	discouraged	_____	disturbed	
excited	awful	_____	_____	
thankful	_____		_____	
great	_____		_____	
loved/loving				
blissful				
grateful**				
satisfied				

alive	miserable	fed-up	dread	
sparkly	crushed	fuming	panicky	
wonderful	helpless	infuriated	terrified	
ecstatic	depressed	destructive	horrified	
terrific	withdrawn	explosive	petrified	
jubilant	heartbroken	violent	_____	
_____	unloved	enraged	_____	
_____	_____	_____	_____	

*self-conscious emotions-

**empathic emotions-