

Children's List of Feeling Words:

	GLAD	SAD	MAD	AFRAID	OTHER
LOW	Content Glad Pleased Playful Cheerful Giddy Calm Comfortable Cozy Safe Relaxed Confident Strong Peaceful _____ _____	Blah Blue Gloomy Rotten Sad Unhappy Empty _____ _____	Bugged Annoyed Irritated Mean Crabby Cranky Grumpy Grouchy _____ _____ _____	Uncomfortable Startled Uneasy Tense Anxious Worried Concerned Timid _____ _____ _____	Shy Curious Sassy Weird Confused Moody Quiet Jealous Embarrassed* Guilty* Responsible** Concerned** Ashamed* Caring** Bored _____ _____
MEDIUM	Delighted Jolly Bubbly Tickled Silly Happy Proud* Joyful Excited Thankful Great Loved/loving Blissful Grateful** Satisfied _____ _____	Disappointed Hurt Lost Sorry Ashamed Lonely Down Hopeless Discouraged Awful _____ _____	Disgusted Ticked off Mad Angry Smoldering Hot Frustrated Impatient _____ _____	Alarmed Scared Afraid Frightened Fearful Threatened Trembly Shaken Disturbed _____ _____	
HIGH	Alive Sparkly Wonderful Ecstatic Terrific Jubilant _____ _____	Miserable Crushed Helpless Depressed Withdrawn Heartbroken Unloved _____ _____	Fed-up Fuming Infuriated Destructive Explosive Enraged Furious _____ _____	Dread Panicky Terrified Horrified Petrified _____ _____	

*Self-conscious emotions

**Empathetic emotions