

EMOTION LIST FOR CHILDREN

There are so many textures to our emotions.

CAN YOU FIND ONE THAT SUITS YOU RIGHT NOW?



HAPPY

Elated
Excited
Overjoyed
Thrilled
Exuberant
Ecstatic
Fired Up
Passionate
Glad
Playful
Optimistic
Keen
Eager
Cheerful
Blissful
Sunny
Easygoing

CONNECTED

Brave
Strong
Grateful
Blessed
Satisfied
Inspired
Friendly
Confident
Thoughtful
Interested
Curious
Comfortable
Relaxed
Motivated
Pleased
Loving
Open

SAD

Depressed
Alone
Fragile
Hurt
Empty
Rejected
Hopeless
Miserable
Heartbroken
Lost
Stressed
Let down
Unhappy
Moody
Upset
Disappointed
Dissatisfied
Cloudy

ANGRY

Furious
Aggressive
Enraged
Outraged
Boiling
Seething
Betrayed
Resentful
Spiteful
Upset
Frustrated
Disgusted
Impatient
Jealous
Annoyed
Uptight
Irritated
Touchy
Thunderous

AFRAID

Terrified
Scared stiff
Fearful
Panicky
Frantic
Shocked
Frightened
Threatened
Trapped
Insecure
Unsure
Vulnerable
Intimidated
Cautious
Nervous
Worried
Anxious
Discouraged

ASHAMED

Worthless
Disgraced
Dishonoured
Admonished
Apologetic
Unworthy
Guilty
Embarrassed
Secretive
Shy
Regretful
Uncomfortable
Silly

