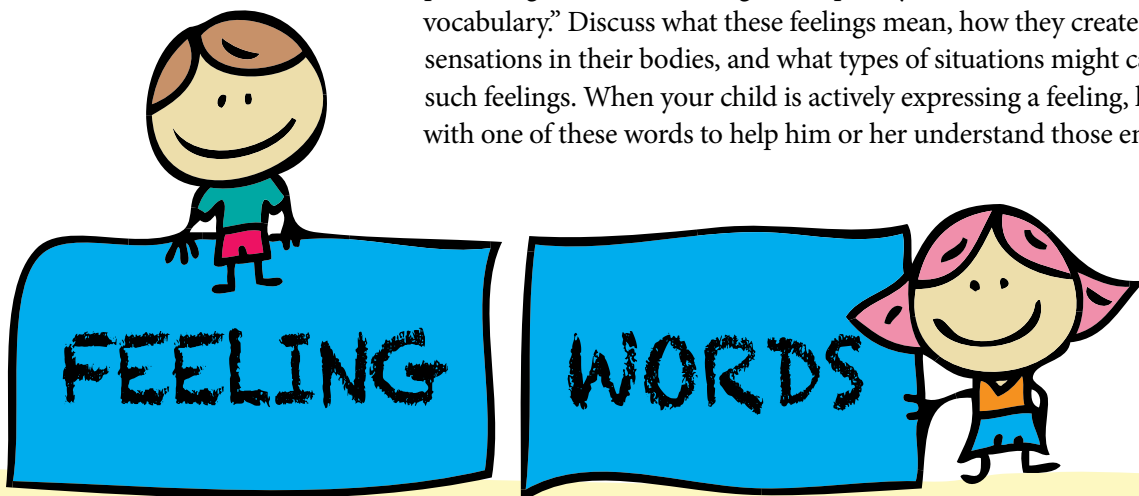


Feeling Words for Kids

Help your kids understand their emotions by using feeling words such as the ones in this list. Use these words often—especially while practicing emotion coaching—to expand your children’s “feelings vocabulary.” Discuss what these feelings mean, how they create sensations in their bodies, and what types of situations might cause such feelings. When your child is actively expressing a feeling, label it with one of these words to help him or her understand those emotions.



Confused/ Surprised

Appalled
Baffled
Dismayed
Disorganized
Distracted
Forgetful
Mixed up
Overwhelmed
Puzzled
Shocked
Uncertain

Sad/ Discouraged

Brokenhearted
Depressed
Disappointed
Gloomy
Heavyhearted
Hopeless

Down in the dumps
Let down
Low
Troubled
Unhappy
Wearry

Afraid/ Worried

Agonized
Alarmed
Anxious
Cautious
Concerned
Disturbed
Dreading
Fearful
Frightened
Hesitant
Jittery
Jumpy
Nervous
Restless

Scared
Terrified
Uncomfortable
Uneasy

Angry/ Irritated

Aggravated
Aggressive
Annoyed
Bullying
Critical
Cruel
Enraged
Fired up
Fuming
Harsh
Hostile
Infuriated
Outraged
Ready to explode
Unkind
Violent

Weak/Shy

Belittled
Broken down
Crushed
Deflated
Drained
Exhausted
Failing
Fragile
Helpless
Imperfect
Inadequate
Incapable
Ineffective
Inferior
Insecure
Insulted
Intimidated
Laughed at
Neglected
Powerless
Run down
Small
Unable
Unsure
Unworthy
Vulnerable
Walked on
Worthless

Hurt/ Frustrated

Awful
Bothered
Bullied
Burdened
Desperate

Dissatisfied
Distressed
Harassed
Hassled
Horrible
Jammed up
Lost
Lousy
Mistreated
Pressured
Pulled apart
Rotten
Strained
Suffering
Terrible
Threatened
Tormented
Trapped
Uneasy
Unlucky
Unsatisfied
Upset
Wounded

Lonely/ Forgotten

Abandoned
Alone
Betrayed
Cast aside
Deserted
Discarded
Disliked
Empty
Friendless
Hated
Homesick
Isolated

Left out
Lonesome
Neglected
Outcast
Overlooked
Rejected
Shunned
Unimportant
Unwelcome

Ashamed/ Embarrassed

Awkward
Exposed
Foolish
Guilty
Humiliated
In a bind
In trouble
Judged
Punished
Put down
Regretful
Shamed

Confident/ Brave

Bold
Courageous
Daring
Determined
Empowered
Open
Proud
Safe
Secure

Engaged/ Curious

Affected
Alert
Concerned
Engrossed
Fascinated
Interested
Intrigued
Inquisitive
Involved
Stimulated

Excited/ Eager

Amazed
Animated
Aroused
Astonished
Dazzled
Ecstatic
Elated
Energetic
Enthusiastic
Invigorated
Passionate
Surprised
Thrilled

Grateful/ Thankful

Appreciative
Blessed
Fortunate
Lucky

Moved
Touched

Happy/Glad

Amused
Cheerful
Comfortable
Content
Delighted
Encouraged
Enthusiastic
Hopeful
Joyous
Merry
Overjoyed
Pleased
Relaxed
Satisfied

Hopeful/ Inspired

Amazed
Awed
Encouraged
Optimistic
Wonder

Loved/Warm

Admired
Affectionate
Comforted
Compassionate
Considerate
Passionate
Sensitive
Touched

Open/ Accepting

Interested
Kind
Sympathetic
Understanding

Peaceful/ Calm

Clear-headed
Comfortable
Content
Fulfilled
Quiet
Relaxed
Relieved
Satisfied
Serene

Rested/ Refreshed

Rejuvenated
Renewed
Restored
Revived

