

#StrongKids

Feeling Words Vocabulary Builder + Guide

Children deal with many of the same emotions that adults do. Children get angry or sad, happy, excited, or surprised, but they often do not have the words to talk about how they are feeling. While we often think of teaching universal emotions like happy or sad, it's best to give your child a rich vocabulary of feeling words.

You can practice using the emotion words in this guide by working with your child to discover the thoughts that make them feel a particular emotion. You can encourage them to think about what they are thinking about when they feel emotions and to express their feelings by using correct emotion words by asking questions.

Take the word peaceful, for example. You can ask your child, "what thoughts make you feel peaceful? They may say, "thinking about holding my teddy bear," or "when I sing my favorite song in my head." This practice engages them in mindfulness and helps them associate their thoughts with their emotions.

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Feeling Words

Cheerful

Full of cheer; happy

Confused

Unable to see the difference

Curious

Eager to learn or know

Friendly

Welcoming and pleasant toward others

Brave

Ready to face pain or danger

Disappointed

Unhappy because what was wanted did not happen

Embarrassed

Uncomfortable because of shame or receiving too much attention from others.

Excited

Stirred up; energetic

Impatient

Not willing or able to wait calmly

Jealous

Envious of what another person has or can do

Playful

Cheerful and having a lot of energy.

Generous

Willing to give or share

Ignored

Not paid adequate attention

Bored

Tired or restless because of having to do something that is not interesting

Stubborn

Not willing to accept change, help, or control

Shy

Not comfortable with other people

Lonely

Unhappy because alone

Angry

Strong emotion due to one great pain or trouble

Worried

Anxiety about something that might happen

Safe

Protected from harm, loss, or danger

Relieved

Free from fear, worry or need

Peaceful

Quiet; calm

Satisfied

To have what is wanted or needed

Overwhelmed

Dealing with too much of something

loving

Strong feelings of affection for another person.

Calm

Not disturbed or excited.

Uncomfortable

Not feeling at ease