



Next time your child has an emotion, practice giving them some words:

“Looks like you are feeling...”

Joyful	Excited	Frustrated	Hopeless
Cheerful	Proud	Hesitant	Sad
Content	Satisfied	Worried	Lonely
Amused	Hopeful	Scared	Hurt
Elated	Brave	Shocked	Disappointed
Elated	Kind	Disappointed	Dismayed
Compassionate	Modest	Alarmed	Suspicious
Delighted	Jealous	Ashamed	Helpless
Concerned	Envious	Embarrassed	Rejected
Attracted	Annoyed	Bored	Disillusioned
Curious	Aggravated	Humiliated	Surprised
Enthusiastic	Frustrated	Guilty	Disgusted
Relieved	Exasperated	Grumpy	Repulsed
Loved	Irritated	Bitter	Pity
Confident	Angry	Insulted	Regretful
Intrigued	Resentful	Overwhelmed	Calm