

Building Our Feelings Vocabulary

It can be hard for children to know and use the right words to describe their feelings to others. Building their feeling vocabulary can help them share what they are experiencing and seek the help they need (Snowden, 2018).

This worksheet includes a list of feeling words and example situations (modified from Snowden, 2018).

Feeling words:

- Bored
- Calm
- Confident
- Exhausted
- Fragile
- Frustrated
- Refreshed
- Relaxed
- Relieved
- Cranky
- Curious
- Disappointed
- Embarrassed
- Excited
- Grateful
- Jealous
- Lonely
- Overwhelmed
- Panicked
- Quiet
- Restless
- Sad
- Surprised
- Worried

The child can choose a word, discuss it with their therapist, parent, or helper to understand its meaning and see where it fits in the following situations:

Situation	How you feel
A good friend cancels their last-minute plans with you.	
Someone breaks the rules in a game you are playing together.	
Someone makes fun of you or your clothes at school.	
You accidentally walk into the wrong classroom.	
A friend gets a new bike that you want.	
You are waiting to play and your Mum and Dad are on a long phone call.	
You are on a long journey and want to get to your destination so that you can play.	
All of your friends are talking about a TV show that you have not seen.	

Situation	How you feel
Your Mum or Dad is 15 minutes late picking you up.	
You studied hard for a test and feel ready for it to begin.	
You've had a busy day and want some time alone.	
You haven't eaten for hours and are very hungry.	

With practice, and a little help, children can become very good at sharing their emotions.

References

- Snowden (2018). *Anger management workbook for kids: 50 fun activities to help children stay calm and make better choices when they feel mad*. Emeryville, CA: Althea Press.

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