

SEL • GRADES 1–2

Feelings and Emotions

Words to help you say how you feel

When you're happy...

| | | | |
|----------|-----------|--------|-------|
| content | cheerful | joyful | proud |
| thrilled | delighted | | |

When you're sad...

| | | | |
|-----------|-------------|---------|--------|
| down | gloomy | tearful | lonely |
| miserable | heartbroken | | |

When you're worried...

| | | | |
|----------|-------------|---------|------------|
| uneasy | nervous | anxious | frightened |
| panicked | overwhelmed | | |

When you're cross...

| | | | |
|---------|-----------|-------|------------|
| annoyed | irritated | cross | frustrated |
| furious | raging | | |

How to use this mat

Stick this mat on a desk or in a journal. When you can't find the word for a feeling, point to the closest one. Words on the right of each line are stronger than words on the left.



