

PSHE / SEL · KS1-KS2

How Are You Feeling?

Words for every kind of feeling

& Calm Feelings

From mild to strong

- Content — quietly happy
- Pleased — happy about something specific
- Cheerful — bright and positive
- Excited — energetic happiness
- Joyful — full of happiness
- Delighted — very pleased
- Thrilled — extremely excited
- Ecstatic — overwhelmed with joy
- Calm — at peace, no big feelings
- Relaxed — peaceful and easy
- Grateful — thankful
- Proud — pleased with yourself or someone

Worried Feelings

From mild to strong



- Disappointed — sad something didn't happen
- Glum — quietly sad
- Lonely — sad without others
- Sad — unhappy
- Upset — strongly sad
- Heartbroken — extremely sad
- Worried — uneasy about something
- Nervous — uncomfortable about what's coming
- Anxious — worried, often without knowing why
- Afraid — scared
- Terrified — extremely afraid
- Embarrassed — uncomfortable about yourself

Other Strong Feelings

From mild to strong

- Annoyed — slightly angry
- Frustrated — angry because something isn't working
- Cross — annoyed
- Angry — strong unhappy feeling
- Furious — extremely angry
- Confused — not sure what's happening
- Surprised — something unexpected
- Shocked — strongly surprised



- Jealous — wanting what someone else has
- Bored — nothing interesting to do
- Tired — needing rest
- Overwhelmed — too much going on

