



Lesson 1: Talk About Feelings - Feeling Words

All feelings are normal.

- Positive feelings help us enjoy life and do things well.
- Difficult feelings help us know when something's wrong.

Talking about feelings is good. It helps us:

- know ourselves
- be close to people
- get along well
- get through bad times
- be happier

It's easy to talk about feelings if we:

- notice how we feel
- know words to use
- practice talking about our feelings

1. Read the list of feeling words. See how many you know. See which ones are new to you. Can you think of other feeling words? Write them in the blank spaces.
2. Use one color to circle positive feelings. Use another color to circle difficult feelings.

FEELING WORDS

happy	thankful	irritated	creative
scared	angry	annoyed	guilty
upset	confused	ashamed	alone
sad	silly	hurt	surprised
glad	embarrassed	inspired	amazed
proud	stressed	sorry	relieved
worried	joyful	depressed	peaceful
delighted	restless	blue	energetic
helpful	bored	grumpy	patient
supported	interested	puzzled	kind
excited	curious	discouraged	caring
loved	alert	hopeful	confident
calm	mad	disappointed	stressed
brave	friendly	lonely	patient
playful	shy	grief	helpful