












Feelings Vocabulary Word Mat

<p>HAPPY</p>  <p>happy joyful cheerful glad delighted pleased excited</p>	<p>SAD</p>  <p>sad upset unhappy gloomy depressed heartbroken tearful</p>	<p>ANGRY</p>  <p>angry mad furious irritated annoyed frustrated cross</p>	<p>SCARED</p>  <p>scared afraid terrified nervous anxious worried fearful</p>	<p>SURPRISED</p>  <p>surprised shocked astonished amazed startled stunned speechless</p>
<p>CALM</p>  <p>calm peaceful relaxed content serene comfortable at ease</p>	<p>CONFUSED</p>  <p>confused unsure uncertain puzzled perplexed bewildered lost</p>	<p>DISGUSTED</p>  <p>disgusted repulsed revolted sickened grossed out turned off appalled</p>	<p>EMBARRASSED</p>  <p>embarrassed ashamed self-conscious awkward mortified flustered red-faced</p>	<p>PROUD</p>  <p>proud pleased glad satisfied accomplished successful confident</p>

OTHER USEFUL WORDS

 love	 caring	 friendly	 grateful	 hopeful
 lonely	 hurt	 tired	 stressed	 bored
 motivated	 inspired	 determined	 safe	 positive

INTENSITY SCALE

1		a little bit
2		a bit
3		quite a bit
4		very
5		extremely