

























EMOTION VOCABULARY REFERENCE POSTER

Words to help me name how I feel

EMOTION	WORDS	WHAT IT MIGHT LOOK LIKE	WHAT MIGHT HELP
HAPPY 	happy, joyful, cheerful, proud, excited, content, glad, pleased, optimistic	 smiling, energetic, bright eyes, positive body language	 keep doing it, share it, savour the moment
SAD 	sad, down, upset, disappointed, lonely, gloomy, hurt, unhappy, miserable	 teary, quiet, low energy, withdrawn	 talk to someone, ask for support, be kind to myself
ANGRY 	angry, mad, frustrated, irritated, annoyed, cross, furious, rage, stressed	 tense, clenched fists, raised voice, red face, pacing	 take deep breaths, count to 10, take a break
SCARED 	scared, afraid, frightened, nervous, anxious, worried, panicked, terrified, overwhelmed	 wide eyes, fast heartbeat, shaky, avoidant	 remind myself I'm safe, use a coping plan, ask for help
CALM 	calm, relaxed, peaceful, quiet, steady, focused, content, balanced, at ease	 relaxed body, steady breathing, clear thinking	 breathe, take my time, enjoy the moment
CONFUSED 	confused, unsure, uncertain, puzzled, lost, confused, baffled, unclear	 frowning, asking questions, need more information	 ask a question, seek clarity, take a moment
DISGUSTED 	disgusted, grossed out, repulsed, revolted, nauseated, queasy, offended	 wrinkled nose, turning away, feeling sick	 step away, get some air, focus on something else

INTENSITY SCALE		
5	Overwhelming	
4	Very Strong	
3	Strong	
2	Mild	
1	Very Mild	

CHECK MY BODY	
Tense shoulders	Head hurts
Tight chest	Fast heartbeat
Butterflies in tummy	Stomach ache
Shaky legs	Sweaty hands

Notice. Name it. Choose what helps.

USEFUL PHRASES	
	I feel _____ right now.
	I feel this in my _____.
	I need _____.
	I can try _____.
	This feeling will pass.
	It's okay to feel this way.



Name it. Understand it. Manage it. You've got this.