EMOTIONS GLOSSARY

Naming our emotions can help us express ourselves! Do you recognise these feelings?

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Happiness: You feel warm, bubbly, or excited inside – and you may have a big smile on your face.
You might feel happy when playing with friends, eating your favourite snack, or getting a hug.

Sadness: You feel heavy or quiet inside, and sometimes you might want to cry.
You may feel sad if you lose something, miss someone, or when things don't go as you hoped.

Anger: You feel kind of hot or tight inside, as if you want to shout or stomp.
You might feel angry if something feels unfair or if someone hurts you or your feelings.

Fear: Your heart feels like it is beating faster, your tummy might feel funny, or you might want to run away.
You might feel scared when you're in a dark place or trying something new.

Surprise: You feel a sudden jolt inside, your eyes go wide, and you might say, 'Wow!'
You might feel surprised when you get a gift or hear a sudden loud noise.

Love: You feel warm and cosy, like you want to be close to someone special.
You might feel love when you're with your family, pets or friends.

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Pride: You feel big and bright inside, as if you want to shout, 'I did it!'
You might feel proud when you finish a difficult task or win at a game.

Jealousy: You feel uncomfortable or upset when you think you might lose something important to you.
You might feel jealous when a family member uses your things or a friend spends a lot of time with someone else.

Envy: You feel a little tight or uneasy inside, and you might feel like saying, 'I want that too!'
You might feel envy when someone has something you wish you had, like a new toy, a prize or special attention.

Calmness: You feel soft, peaceful, and light inside.
You might feel calm when you're reading, colouring, or lying down to rest.

Anxiety: You feel jumpy or nervous. Your heart beats fast or your tummy feels funny, as if butterflies are flying inside it.
You might feel anxious before a big test, when trying something new, or when you don't know what will happen next.

Frustration: You feel tense or restless, like you want to stomp your feet or yell, 'Why won't this work?'
You may feel frustrated when you're trying hard to do something but it's not working out the way you want it to.

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