



FEELINGS WORD LIST

There are multiple skills for parents and children to master when it comes to helping them be more resilient. Helping children recognise, understand and express their emotions is one of them. Next time your child expresses their emotions, extend their vocabulary by helping them to label these feelings. Then validate their emotions by repeating back what you have heard—this doesn't mean you are agreeing with them!

HAPPY

Amused
Bouncy
Cheerful
Comical
Ecstatic
Elated
Energised
Excited
Giggly
Grateful
Glad
Joyful
Loved
Optimistic
Pleased
Satisfied
Silly
Spirited
Terrific
Thankful
Uplifted
Whimsical

UPSET

Accused
Angry
Bitter
Cross
Defensive
Defiant
Disturbed
Exasperated
Exploited
Frustrated
Hostile
Impatient
Insulted
Intolerant
Irrational
Irritated
Mad
Offended
Outraged
Provoked
Rebellious
Resistant
Stubborn
Uncomfortable
Vengeful

SAD

Alone
Apathetic
Defeated
Depressed
Despair
Despondent
Devastated
Disappointed
Discouraged
Forlorn
Gloomy
Hopeless
Hurt
Let down
Miserable
Misunderstood
Neglected
Pessimistic
Remorseful

SCARED

Afraid
Alarmed
Anxious
Cautious
Fearful
Frightened
Helpless
Hesitant
Horrorified
Lost
Helpless
Insecure
Nervous
Puzzled
Shy
Uncomfortable
Uneasy
Unsafe
Unsure
Useless
Worried

CONFUSED

Astonished
Bewildered
Curious
Distracted
Inquisitive
Mystified
Overwhelmed
Reluctant
Shocked
Stunned
Surprised
Suspicious

DISGUST

Embarrassed
Exposed
Guilty
Inadequate
Incompetent
Inferior
Insignificant
Shame
Stupid
Ugly
Unaccepted



Want to read more? MumsAtTheTable.com/building_your_childs_resilience