

When I feel

First Feelings



ANGRY

Annoyed
Cross
Furious
Irritated
Mad



SCARED

Afraid
Anxious
Fearful
Nervous
Worried



SAD

Disappointed
Gloomy
Hurt
Unhappy
Upset



SURPRISED

Amazed
Astonished
Dazed
Shocked
Startled



HAPPY

Cheerful
Content
Delighted
Joyful
Thrilled



LOVED

Adored
Comfortable
Safe
Supported
Valued

Children experience all kinds of feelings in a single day,
but they can't always name them or talk about them easily.