



**WORKSHEET N°2: FEELINGS AND EMOTIONS**

**What are feelings and emotions?**

Nobody can help having feelings - they are part of everyone. We feel different things all day long as different things happen to us.

Sometimes we feel **sad** – for example, when someone we love goes away.

Sometimes we feel **happy** – for example, when we are having fun playing.

Sometimes we feel **scared, angry, guilty, lonely** or any of a huge range of human emotions.

It is important not to be ashamed of having feelings. Everyone has them - good and bad. What counts is what we do about our feelings - we can all learn to show our feelings in ways that are helpful to us and to others, not ways that are hurtful



**Let's talk about feeling and emotions!**

SAD	HAPPY	HURT	CONFIDENCE	ENERGIZED

**FEELINGS & EMOTIONS**

**SAD**

- Depressed
- Desperate
- Dejected
- Heavy
- Crushed
- Disgusted
- Upset
- Sorrowful
- Weepy
- Frustrated



**HAPPY**

- Amused
- Delighted
- Glad
- Pleased
- Charmed
- Grateful
- Optimistic
- Content
- Joyful
- Enthusiastic
- Loving



**HURT**

- Jealous
- Betrayed
- Let down
- Tender
- Wounded
- Impaired
- Damaged
- Criticized
- Abused
- Punished
- Rejected

**CONFIDENT**

- Strong
- Brave
- Assured
- Certain
- Prepared
- Successful
- Encouraged
- Peaceful
- Secure
- Relaxed
- Comforted



**ENERGIZED**

- Strengthened
- Motivated
- Focused
- Invigorated
- Determined
- Inspired
- Creative
- Healthy
- Renewed
- Vibrant
- Refreshed

