

Emotions Word Bank

Things to consider before you begin: Select target emotion word based on pre-determined pace, scope, and sequence.

Use this Word Bank sheet and Emotions Color Wheel as you answer these questions:

1. **Pace:** How often should I introduce a new emotion word?
How often will I review targeted words to promote maintenance?
2. **Scope:** How many words will I target?
Will I only choose words from level 1 based on student ability?
3. **Sequence:** Will I target words within a certain type (i.e. "Happy" emotions) first or within a certain emotional range (i.e. mild emotions) first?

Note: On the Emotions Color Wheel, the emotional types are grouped by color ("Happy" = green). In terms of range, mild emotions are on the outer perimeter of the circle; the most extreme emotions are found in the circle's core.

Level 1 Words might be used with younger students or with students who have more limited expressive and receptive language skills:

Calm
Happy
Interested
Excited

Surprised
Confused
Concerned
Nervous
Afraid

Cranky
Bored
Upset
Angry
Disgusted

Disappointed
Hurt
Sad
Depressed

Level 1 & Level 2 Words:

Calm
Content
Jolly
Satisfied
Relaxed
Happy
Giddy
Interested
Enthusiastic
Overjoyed
Excited
Mesmerized
Amazed
Thrilled
Fixated
Exuberant
Obsessed

Surprised
Startled
Unsure
Apprehensive
Afraid
Confused
Concerned
Nervous
Anxious
Worried
Afraid
Astonished
Awed
Terrified
Frantic
Hysterical

Bored
Cranky
Distracted
Aggravated
Irritated
Upset
Frustrated
Angry
Distaste
Disbelief
Disgusted
Irate
Apathetic
Contemptuous
Bitter
Disdain
Loathing
Enraged

Hurt
Disappointed
Sad
Distraught
Grief
Depressed
Despair