

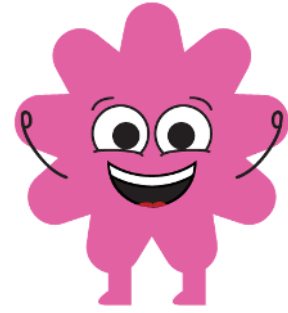


Think of your emotions as an emotional roller coaster or wave.

Sometimes you're at the top feeling excited or proud, and sometimes you're lower down feeling worried, sad or frustrated. Sometimes you are sat in the middle.

Every emotion serves a purpose! They are like messages that help us understand ourselves and the world around us. We can't always choose how we feel, but we can choose what we do with those feelings.

## Excited Feelings



**Excited** - Feeling full of happy energy because something good is about to happen.

**Eager** - Really wanting to do or experience something.

**Enthusiastic** - Feeling excited and interested in an activity or idea.

**Curious** - Wanting to learn, explore, or find out more.

**Inspired** - Feeling motivated by an idea, person, or experience.

**Energetic** - Feeling full of energy and ready to be active.

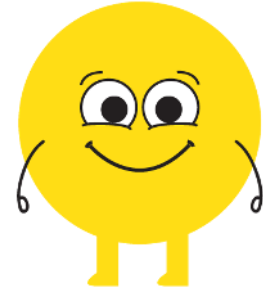
**Amazed** - Feeling great surprise because something is wonderful or unexpected.

**Surprised** - Feeling something positive suddenly because you didn't expect it.

**Motivated** - Feeling ready to work hard towards a goal.

**Thrilled** - Feeling extremely excited and delighted.

# Happy Feelings



**Happy** - Feeling cheerful and pleased.

**Joyful** - Feeling a deep sense of happiness.

**Cheerful** - Feeling bright and positive.

**Proud** - Feeling pleased with something you have achieved or done well.

**Grateful** - Feeling thankful for the people or things in your life.

**Loved** - Feeling cared for, accepted, and important to others.

**Confident** - Believing in yourself and your abilities.

**Calm** - Feeling peaceful, relaxed, and in control.

**Content** - Feeling satisfied with how things are.

**Relieved** - Feeling better because a worry or problem has passed.

## Sad Feelings



**Sad** - Feeling unhappy or down because of something that has happened.

**Disappointed** - Feeling let down because something didn't happen as you hoped.

**Lonely** - Feeling like you need more friendship or company.

**Left Out** - Feeling excluded or not included in a group or activity.

**Hurt** - Feeling emotional pain because of what someone said or did.

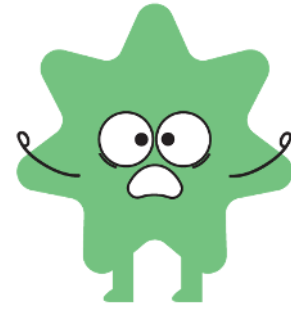
**Discouraged** - Feeling like giving up because something has been difficult.

**Embarrassed** - Feeling uncomfortable because of something that happened.

**Guilty** - Feeling sorry because you think you have done something wrong.

**Depressed** - Feeling very sad, empty or hopeless for a long time. It can make it hard to enjoy things you usually like, find energy, or feel interested in everyday activities.

## Scared Feelings



**Scared** - Feeling afraid because something seems dangerous or uncertain.

**Nervous** - Feeling uneasy before something important or unfamiliar.

**Worried** - Thinking a lot about something that might go wrong.

**Anxious** - Worry or nervousness about something that might happen.

**Anxiety** - Feeling worried or scared a lot of the time, even when there may not be a clear reason. It can make your body and mind feel tense, make it hard to relax or make everyday things feel really difficult.

**Afraid** - Feeling fear because of a real or imagined danger.

**Overwhelmed** - Feeling like there are too many emotions to cope with at once.

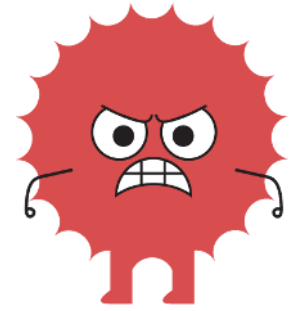
**Overstimulated** - Feeling overwhelmed because there is too much noise, activity, or information around you.

**Panicked** - Feeling sudden, intense fear that makes it hard to think clearly.

**Fearful** - Feeling full of fear or expecting something bad to happen.

**Timid** - Feeling being shy, nervous, or easily frightened.

# Angry Feelings



**Angry** - Feeling upset because something seems unfair, hurtful or wrong.

**Frustrated** - Feeling upset when something is not going the way you want.

**Annoyed** - Feeling bothered by something that keeps irritating you.

**Irritated** - Feeling slightly angry because something is bothering you.

**Furious** - Feeling extremely angry and finding it hard to stay calm.

**Cross** - Feeling angry or upset with someone or something.

**Jealous** - Feeling upset when you think someone else is getting something you want or need.

**Resentful** - Feeling angry at someone because you think something is unfair.

**Impatient** - Finding it hard to wait for something you want.