

# Building Emotional Literacy

## Emotions

*Below is a list of key emotions, with related words to describe that emotion.\**

### Anger

aggravation agitation annoyance  
 bitterness ferocity frustration fury  
 grouchiness grumpiness hostility  
 irritation outrage rage resentment wrath

### Jealousy

cautious clinging clutching defensive  
 fear of losing someone/something  
 mistrustful possessive rivalrous  
 self-protective suspicious wary watchful

### Envy

bitterness covetous craving discontented  
 disgruntled displeased dissatisfied  
 down-hearted greed longing pettiness  
 resentment wishful

### Love

adoration affection attraction caring  
 charmed compassion enchantment  
 fondness infatuation kindness liking  
 longing sentimentality sympathy tenderness  
 warmth

### Fear

alarm anxiety apprehension distress  
 dread edginess fright horror jumpiness  
 nervousness overwhelmed panic  
 shock tenseness terror uneasiness worry

### Sadness

agony alone anguish crushed defeat dejection  
 depression despair disappointment disconnected  
 discontentment dismay displeasure distraught  
 gloom glumness grief homesickness hurt  
 insecurity loneliness melancholy misery neglect  
 pity rejection sorrow suffering unhappiness woe

### Guilt

apologetic culpability error fault  
 mistake regret remorse responsibility sorry

### Shame

contrition culpability discomposure  
 embarrassment humiliation mortification  
 self-conscious shyness

### Happiness

amusement bliss cheerfulness contentment  
 delight eagerness ecstasy elation enjoyment  
 enthrallment enthusiasm excitement  
 exhilaration gladness glee hope jolliness  
 joviality joy jubilation optimism pleasure  
 pride relief satisfaction thrill triumph  
 zaniness zest

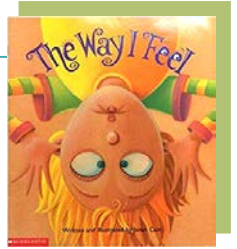
### Other Important Words for Emotions

Apathy: Boredom, dullness, indifference  
 Boldness: bravery, courage, determination, grit  
 Surprise: amazement, awe, wonder

\* This list has been adapted from DBT® Skills Training Handouts and Worksheets by Marsha M. Linehan

## Stress

Below is a list of words that can describe stress. "The Way I Feel" by Janan Cain has additional ways to talk about stress and other feelings with children.



All alone	Jittery	Restless
Anxious	Jumpy	Scared
Burned out	Lonely	Shaky
Confused	Mixed up	Tense
Crabby	Moody	Tired out
Cranky	Nervous	Trapped
Edgy	Overwhelmed	Troubled
Excited	Panicky	Upset
Fidgety	Pressured	Uptight
Frazzled	Queasy	Wired
Frustrated	Ready to burst	Wound up

## Physical Sensations

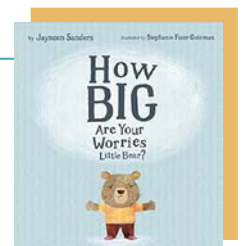
This list can be useful for expanding awareness of physical sensations in the body. Check out "Listening to My Body" by Gabi Garcia for more ideas to promote children's awareness.



Ants in my pants	Grounded	Squishy
Breathless	Heavy	Sticky
Burning	Hot	Still
Butterflies in my stomach	Hungry	Stomach growl
Calm	Light	Strong
Cold	Lump in my throat	Sweaty
Cool	Mushy	Tense
Fiery	Pounding	Thirsty
Fluttery	Relaxed	Tired
Focused	Shaky	Tickles
Full of energy	Soft	Wiggly
Goosebumps	Squirmy	

## Sources of Stress

Below is a handful of things that can cause children stress. "How big are your worries, Little Bear?" by Jayneen Sanders offers talking points about overcoming fears and stress.



Busy schedules	Lack of friends	Teachers
Chores at home	Lack of privacy	Team tryouts
Grades	Parents having issues	Tests
Homework	Popularity pressure	Transportation
Fights with friends	School	US politics
Fights with parents	Separation from family	World news
Finances	Siblings	



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