

EMOTION NAMING GUIDE

A visual guide to help kids expand beyond “happy” and “sad” into a rich vocabulary of feelings.

ANGRY



I feel mad when something isn't fair or goes my way.



mad



grumpy



yelling



annoyed



jealous



furious

SAD



I feel sad when I lose something or need a hug.



sad



down



tired



lonely



left out



worried

HAPPY



I feel happy when good things happen or I'm with people I love.



happy



excited



proud



silly



loved



thankful

SCARED



I feel scared when something feels scary or new.



scared



afraid



nervous



shy



worried



anxious

SURPRISED



I feel surprised when something happens that I didn't expect!



surprised



shocked



wow!



curious



confused



uh-oh

OTHER FEELINGS



Sometimes I feel other ways that are hard to name.



calm



bored



embarrassed



disappointed



frustrated



jealous

HOW TO USE THIS GUIDE



NOTICE

Help kids notice what they feel in their bodies and minds.



NAME IT

Explore the words together and find the best match (or close enough!).



VALIDATE

All feelings are okay. Validate before you problem-solve.



EXPAND

The more words kids know, the easier it is to express and cope.



Feelings come and go. Naming them helps us understand ourselves and connect with others.

