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
- Despair

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