

The Emotions Alphabet

4-8

Objective:

To notice and understand the emotions of others. Many parents / caregivers provide words for the strong and common emotions, like happy, sad and angry, but students need a much larger pool of words to draw on. Having a wide range of emotion words helps children understand their own feelings and other people's feelings.

Materials:



The Emotions Alphabet Worksheet (*over page*)



Pens



Describing Emotions Worksheet (*over page*)



While all emotions are OK to feel, we all need to find ways to manage our emotions, including being aware of our impact on others.

Method:

Activity A:

- Hand out copies of the **Emotions Alphabet Worksheet**. In pairs, ask your students to think of an emotion for each letter of the alphabet.
- Discuss as a whole group and give suggestions for any gaps.

Activity B:

- Hand out copies of the **Describing Emotions Worksheet**. Look at a number of emotions and discuss how our body feels when we have these emotions.

The Emotions Alphabet Worksheet:

A	B	C
D	E	F
G	H	I
J	K	L
M	N	O
P	Q	R
S	T	U
V	W	X
Y	Z	

Describing Emotions Worksheet:

Below are some of the feelings experienced by the targets of bullying.

- Frightened
- Angry
- Ashamed
- Confused
- Sad
- Lonely

Can you add any more?

How would you describe these feelings?

Below are some examples from other students.

- Tummy all knotted up
- A river of tears
- Shaky inside

Can you add any more?

The Emotions Alphabet suggested answers:

A Alive, Angry, Anxious, Afraid, Alone, Annoyed, Ashamed, Alarmed, Astonished	B Bold, Brave, Bored, Bitter, Bashful, Betrayed	C Cheeky, Confident, Cheerful, Confused, Calm, Cool, Caring, Curious, Cautious, Comfortable
D Disappointed, Depressed, Disgusted, Devastated, Discouraged, Delighted	E Excited, Ecstatic, Embarrassed, Energetic, Exposed	F Frightened, Frustrated, Fine, Friendly, Fed-up, Furious, Fearful, Fragile
G Good, Grumpy, Great, Glad, Giving, Grateful, Grief-stricken, Gloomy, Guilty	H Hurt, Hopeful, Hopeless, Helpful, Hostile, Heartbroken, Horrified, Helpless	I Interested, Idealistic, Isolated, Impatient, Insulted, Insecure, Ignored, Impressed, Inferior, Inadequate, Insignificant
J Joyful, Jealous, Jolly, Jovial, Jumpy, Jittery	K Koa, Kiriweti, Kind, Keen, Knotted, Knowledgeable	L Lonely, Low, Left-out, Logical, Loving, Let-down, Lost
M Matakū, Māia, Mad, Merry, Miserable, Mature, Modest, Mystified	N Nervous, Neglected, Numb, Negative	O Okay, Observant, Organised, Optimistic, Offended, Odd, Overwhelmed, Outraged
P Pōuri, Pukuriri, Pai, Pleased, Proud, Powerless, Powerful, Patient, Pessimistic, Petrified, Playful, Puzzled, Passionate, Positive	Q Quiet, Queasy, Quirky	R Rangirua, Riri, Responsive, Relieved, Rejected, Relaxed, Rubbish, Resistant, Resentful, Reflective, Reserved, Reassured, Rebellious
S Sad, Sceptical, Scared, Shy, Surprised, Shocked, Stupid, Stubborn, Sensitive, Strong, Safe, Shy, Sorry, Sick, Silly, Sensible, Stunned, Satisfied, Spontaneous, Sympathetic	T Tired, Tearful, Tight, Thoughtful, Tense, Terrific, Thankful, Threatened, Tricked, Trapped, Troubled, Triumphant	U Uncomfortable, Upset, Used, Uplifted, Useless, Ugly, Unaccepted, Unhappy, Unloved, Unkind, Unwanted, Unstable
V Violated, Valued, Vulnerable, Vile, Vexed	W Whakaaroha, Whakatoī, Worried, Warm, Wise,	X Xenophobic, X-factor
Y Yucky, Young	Z Zealous, Zippy, Zesty, Zany	