



## Vocabulary Words for Describing Feelings

Students who participated in *Michigan Model*™ lessons at previous grade levels may remember the “Feeling Faces” posters, which show typical facial expressions for four different feeling groups: happy, upset, surprised, and calm. Although none of the third-grade lessons focus explicitly on feelings, students will naturally talk about many different emotions during lessons on health and other topics throughout the school year. Encourage students to use many different feeling words when they talk about emotions so they can expand their ability to communicate their feelings in respectful ways. This list provides a variety of words from which to select. You may want to discuss these words with students and use them in vocabulary or spelling tests.



### Happy

capable  
friendly  
likable  
lovable  
joyful  
helpful  
busy  
understanding  
generous  
satisfied  
glad  
proud  
smart  
interested  
loved  
interesting  
attractive  
willing  
appreciated  
special  
wanted  
sharing  
excited  
joyous  
successful



### Upset

sad  
sorry  
left out  
lonely  
angry  
scared  
jealous  
helpless  
shy  
bored  
frustrated  
stuck  
blocked  
embarrassed  
anxious  
naughty  
ashamed  
clumsy  
lazy  
misunderstood  
grieving  
stupid  
foolish  
dumb



### Surprised

puzzled  
anxious  
unsure  
confused  
amazed  
worried  
excited  
scared



### Calm

quiet  
capable  
understanding  
busy  
contented  
able  
interested  
neutral  
willing  
helpful  
normal  
caring  
placid  
peaceful  
serene



As students discuss feelings, they may mention how their bodies feel by using the following words.



### Happy

comfortable  
cool  
restless  
wide awake  
warm



### Upset

restless  
tense  
hungry/thirsty  
sleepy  
tired  
hot/cold



### Surprised

stopped  
stiff  
tight  
frozen  
jumpy



### Calm

comfortable  
cool  
warm  
cozy