

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
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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 Depressed Despair
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