



Acceptance

Feeling welcome and okay as you are, and making room for others too.

what it might look like:

- *Saving a seat*
- *A friendly nod*
- *Making room to play*

how to spot it in others:

- *Waves others in*
- *Includes everyone*
- *Listens, no teasing*

Example sentence:

I felt acceptance when they saved me a seat.

Peace





Admiration

Looking up to someone and loving what makes them special.

what it might look like:

- *A quiet wow*
- *A dreamy gaze*
- *A happy little grin*

how to spot it in others:

- *Beams with pride*
- *Copies your words*
- *Says your name kindly*

Example sentence:

I felt admiration watching my friend be brave.

Appreciation



Envy



Affectionate

A warm, loving feeling that makes you want to be close and gentle.

what it might look like:

- *Soft, cozy hugs*
- *Snuggling up close*
- *A gentle pat*

how to spot it in others:

- *Reaches for a hug*
- *Sits close to you*
- *Speaks softly*

Example sentence:

I felt affectionate and gave my dog a big hug.

Love



Longing



Aggravated

A prickly, bothered feeling when little things keep bugging you.

what it might look like:

- *A short, huffy sigh*
- *Crossed arms*
- *A grumpy face*

how to spot it in others:

- *Snaps quickly*
- *Rolls their eyes*
- *Sighs a lot*

Example sentence:

I felt aggravated when the zipper stuck again.

Calm



Anger



Agitation

A jumpy, restless feeling that makes it hard to sit still.

what it might look like:

- *Wiggly, jumpy legs*
- *Pacing around*
- *Fidgety hands*

how to spot it in others:

- *Can't sit still*
- *Taps and paces*
- *Seems on edge*

Example sentence:

My agitation made me pace around the room.

Calm



Anxiety



Agony

A very big, deep hurt that fills you all the way up.

what it might look like:

- *Curled up tight*
- *Tears won't stop*
- *Holding it hurts*

how to spot it in others:

- *Cries hard*
- *Holds their body*
- *Wants to be held*

Example sentence:

My agony felt too big to hold by myself.

Grief



Despair



Amazed

*A wow feeling when something is so cool
you can hardly believe it.*

what it might look like:

- *Wide, sparkly eyes*
- *A big open mouth*
- *A gasp of wow*

how to spot it in others:

- *Eyes go wide*
- *Says wow a lot*
- *Points and stares*

Example sentence:

I felt amazed when the fireworks lit the sky.

Awe



Overwhelm



Ambivalence

*Feeling two ways at once and not sure
which one wins.*

what it might look like:

- *A tilted head*
- *A slow shrug*
- *A puzzled pause*

how to spot it in others:

- *Says maybe a lot*
- *Changes their mind*
- *Looks unsure*

Example sentence:

My ambivalence made it hard to pick just one.

Clarity and Purpose



Confusion



Amusement

A light, giggly feeling when something is silly or fun.

what it might look like:

- *A bubbly giggle*
- *A big grin*
- *Shoulders shaking*

how to spot it in others:

- *Laughs out loud*
- *Eyes crinkle up*
- *Can't stop smiling*

Example sentence:

My amusement bubbled up into giggles.

Joy



Embarrassment



Anger

A hot, strong feeling when something feels unfair or wrong.

what it might look like:

- *A red, hot face*
- *Tight, clenched fists*
- *A stompy foot*

how to spot it in others:

- *Turns red*
- *Clenches fists*
- *Yells or goes quiet*

Example sentence:

My anger felt hot, so I took a big breath.

Frustration



Rage



Annoyance

A small, prickly bother when something keeps nagging at you.

what it might look like:

- *A little huff*
- *A scrunched nose*
- *Tapping fingers*

how to spot it in others:

- *Short sighs*
- *Rolls their eyes*
- *A snappy voice*

Example sentence:

My annoyance grew when the noise kept going.

Calm



Frustration



Anticipation

A buzzy, waiting feeling when something exciting is coming.

what it might look like:

- *Bouncy, wiggly legs*
- *Watching the clock*
- *A big ready grin*

how to spot it in others:

- *Keeps asking when*
- *Can't sit still*
- *Peeks ahead*

Example sentence:

My anticipation grew as the trip got closer.

Hope



Anxiety



Anxiety

A worried, jittery feeling that something might go wrong.

what it might look like:

- *A fluttery tummy*
- *Fidgety hands*
- *Racing thoughts*

how to spot it in others:

- *Asks lots of what-ifs*
- *Seems restless*
- *Wants a hug*

Example sentence:

My anxiety made my heart beat fast.

Nervous



Panic



Appreciation

Noticing the good and feeling glad for what someone did.

what it might look like:

- *A warm thank you*
- *A happy smile*
- *A little clap*

how to spot it in others:

- *Says thank you*
- *Notices your help*
- *Smiles at you*

Example sentence:

I felt appreciation for the snack you shared.

Gratitude



Envy



Astonishment

A sudden wow that freezes you when something surprising happens.

what it might look like:

- *A frozen still pose*
- *A big open mouth*
- *Blinking real fast*

how to spot it in others:

- *Freezes and stares*
- *Gasps out whoa*
- *Drops what they hold*

Example sentence:

My astonishment made me freeze and say whoa.

Amazed



Overwhelm



Awe

A big, breathtaking feeling when something is amazing or grand.

what it might look like:

- *A soft, slow wow*
- *Wide, still eyes*
- *A quiet gasp*

how to spot it in others:

- *Stares in silence*
- *Whispers wow*
- *Stands very still*

Example sentence:

I felt awe under the giant starry sky.

Wonder



Overwhelm



Bashfulness

A shy, blushy feeling when you want to hide a little.

what it might look like:

- *Pink, warm cheeks*
- *A peek-a-boo smile*
- *Looking down*

how to spot it in others:

- *Hides their face*
- *Talks softly*
- *Peeks then looks away*

Example sentence:

My bashfulness made me hide behind Mom.





Belonging

A warm feeling of fitting in and being part of the group.

what it might look like:

- *A happy, easy smile*
- *Joining right in*
- *Relaxed shoulders*

how to spot it in others:

- *Sits with the group*
- *Shares and laughs*
- *Looks at home*

Example sentence:

I felt belonging with my new friends.

Connection



Isolated



Betrayal

A hurt feeling when someone you trusted let you down.

what it might look like:

- *A shocked, sad face*
- *A tight, hurt chest*
- *Teary eyes*

how to spot it in others:

- *Pulls away*
- *Looks let down*
- *Goes quiet and hurt*

Example sentence:

I felt betrayal when my secret was shared.

Forgiveness



Hatred



Bittersweet

A mix of happy and sad at the very same time.

what it might look like:

- A soft, teary smile
- A gentle sigh
- A faraway look

how to spot it in others:

- Smiles while sad
- Says a soft goodbye
- Holds a memory

Example sentence:

The last day felt bittersweet and tender.

Peace



Grief



Boredom

A flat, restless feeling when nothing seems fun to do.

what it might look like:

- *A long, slow sigh*
- *Slumped over*
- *Wandering eyes*

how to spot it in others:

- *Says I'm bored*
- *Flops around*
- *Nothing seems fun*

Example sentence:

My boredom faded when I found a new game.

Curiosity



Grumpiness



Calm

A quiet, cozy feeling of being safe and steady inside.

what it might look like:

- *A soft, easy smile*
- *Slow, steady breaths*
- *Relaxed hands*

how to spot it in others:

- *Breathes with ease*
- *A soft, calm tone*
- *Sits peacefully*

Example sentence:

I felt calm like a boat on the quiet bay.

Contentment



Boredom



Care

Wanting good things for someone and helping them feel okay.

what it might look like:

- *A helping hand*
- *Checking on you*
- *A kind, soft voice*

how to spot it in others:

- *Asks if you're okay*
- *Helps you out*
- *Shares gently*

Example sentence:

I felt care for my friend who was sad.

Compassion



Worry



Cheerful

A bright, sunny feeling that bubbles up and makes you smile.

what it might look like:

- *A big sunny smile*
- *A happy hum*
- *A skippy step*

how to spot it in others:

- *Smiles a lot*
- *Hums or sings*
- *Skips around*

Example sentence:

I felt cheerful and hummed a happy tune.

Joy



Overwhelm



Clarity and Purpose

Knowing what you want and feeling sure of your next step.

what it might look like:

- *A steady, sure look*
- *A firm nod*
- *Calm, ready hands*

how to spot it in others:

- *Seems sure*
- *Makes a clear plan*
- *Moves with purpose*

Example sentence:

I felt clarity about what I wanted to do.

Peace



Doubt



Closure

A settled feeling when something is finished and your heart can rest.

what it might look like:

- *A slow, deep breath*
- *A soft goodbye*
- *A calm, still face*

how to spot it in others:

- *Says goodbye*
- *Seems at peace*
- *Lets it go gently*

Example sentence:

I felt closure after we said our goodbyes.

Peace



Grief



Compassion

A caring feeling that makes you want to be kind when someone hurts.

what it might look like:

- *A helping hand*
- *Sitting close by*
- *A soft, kind voice*

how to spot it in others:

- *Comforts others*
- *Sits with the sad*
- *Offers a hug*

Example sentence:

I felt compassion and sat beside my friend.

Empathy



Overwhelm



Concern

A little worried feeling because you care about someone.

what it might look like:

- *A worried frown*
- *Checking on you*
- *Watchful eyes*

how to spot it in others:

- *Asks if you're okay*
- *Watches closely*
- *Frowns softly*

Example sentence:

I felt concern when my friend looked sad.

Care



Worry



Confidence

*A strong, sure feeling that you can do it
and be you.*

what it might look like:

- *Head held up high*
- *A big, sure smile*
- *Standing tall*

how to spot it in others:

- *Stands tall*
- *Tries new things*
- *Speaks up clearly*

Example sentence:

I felt confidence and raised my hand to try.

Pride



Smugness



Confusion

A foggy feeling when things just don't make sense yet.

what it might look like:

- *A scrunched-up face*
- *A tilted head*
- *A slow huh*

how to spot it in others:

- *Says huh a lot*
- *Head scratching*
- *Looks puzzled*

Example sentence:

My confusion made the puzzle feel foggy.

Curiosity



Frustration



Connection

A warm feeling of being close and understood by someone.

what it might look like:

- *Sharing a big smile*
- *Sitting side by side*
- *A knowing look*

how to spot it in others:

- *Shares easily*
- *Sits close*
- *Laughs with you*

Example sentence:

I felt connection when we laughed together.

Belonging



Isolated



Contempt

A cold, looking-down feeling when you don't respect something.

what it might look like:

- *A cold, hard stare*
- *A curled lip*
- *A turned-away face*

how to spot it in others:

- *Sneers or smirks*
- *Turns away*
- *Talks down to others*

Example sentence:

I felt contempt but chose kind words instead.

Compassion



Hatred



Contention

A pushy, ready-to-argue feeling when you won't back down.

what it might look like:

- *A stubborn stance*
- *Crossed arms*
- *A firm no*

how to spot it in others:

- *Argues back*
- *Won't give in*
- *Stands their ground*

Example sentence:

My contention made me want to argue my point.

Determination



Anger



Contentment

A happy, enough feeling that everything is just right.

what it might look like:

- *A soft, easy smile*
- *A cozy, calm sigh*
- *Settled shoulders*

how to spot it in others:

- *Seems settled*
- *Smiles softly*
- *Rests easy*

Example sentence:

I felt contentment cozy under my blanket.

Calm



Happiness



Control

A steady feeling when you can guide what happens next.

what it might look like:

- *Steady, sure hands*
- *A calm, ready face*
- *A clear plan*

how to spot it in others:

- *Stays steady*
- *Makes clear choices*
- *Keeps things in order*

Example sentence:

I felt in control when I made my own plan.

Calm



Confidence



Courage

Being brave and trying even when a part of you feels scared.

what it might look like:

- *A deep, brave breath*
- *A steady, sure step*
- *A firm, ready face*

how to spot it in others:

- *Tries anyway*
- *Steps up scared*
- *Faces the hard thing*

Example sentence:

I felt courage and tried even though I was scared.

Confidence



Fear



Craving

A strong wanting feeling that keeps tugging at you.

what it might look like:

- *Longing, wishful eyes*
- *Reaching hands*
- *A hungry stare*

how to spot it in others:

- *Keeps asking*
- *Reaches for it*
- *Can't stop thinking*

Example sentence:

My craving made me really want a treat.

Contentment



Envy



Curiosity

A wondering feeling that makes you want to explore and ask.

what it might look like:

- *Lots of questions*
- *Peeking to see*
- *Reaching to explore*

how to spot it in others:

- *Asks why a lot*
- *Pokes and peeks*
- *Wants to know more*

Example sentence:

My curiosity made me want to ask why.

Wonder



Overwhelm



Defeat

A heavy feeling of giving up after something didn't work.

what it might look like:

- *Slumped shoulders*
- *A low, tired head*
- *A quiet sigh*

how to spot it in others:

- *Slumps down*
- *Stops trying*
- *Goes quiet*

Example sentence:

I felt defeat but I can try again tomorrow.

Determination



Despair



Defensiveness

A guarded feeling that makes you put up a wall to feel safe.

what it might look like:

- *Crossed arms*
- *A quick, sharp no*
- *A guarded face*

how to spot it in others:

- *Makes excuses*
- *Blocks with words*
- *Guards themselves*

Example sentence:

My defensiveness made me put up a wall.

Vulnerability 

Hostile



Delay

A putting-it-off feeling when you keep waiting to start.

what it might look like:

- *Dragging your feet*
- *A slow start*
- *Finding other things*

how to spot it in others:

- *Puts it off*
- *Moves slowly*
- *Does other things*

Example sentence:

My delay kept me from starting my work.

Patience



Impatience



Delight

A sparkly, happy feeling when something is just wonderful.

what it might look like:

- *A giggly grin*
- *Bright, happy eyes*
- *A little bounce*

how to spot it in others:

- *Giggles a lot*
- *Eyes light up*
- *Bounces with joy*

Example sentence:

I felt delight when I opened my surprise.

Joy



Overwhelm



Denial

A no-way feeling when something is too hard to believe yet.

what it might look like:

- *A shaking head*
- *A firm no*
- *Turning away*

how to spot it in others:

- *Says no way*
- *Shakes their head*
- *Looks away*

Example sentence:

My denial made it hard to believe the news.

Acceptance



Fear



Dependence

A leaning feeling when you really need someone's help.

what it might look like:

- *Reaching for help*
- *Staying very close*
- *A worried hold*

how to spot it in others:

- *Asks for help*
- *Stays close by*
- *Leans on others*

Example sentence:

My dependence made me want my friend near.

Confidence  **Insecurity**



Depression

A heavy, dark cloud feeling that makes everything feel hard.

what it might look like:

- *A heavy, tired body*
- *A faraway look*
- *A slow, quiet voice*

how to spot it in others:

- *Seems very tired*
- *Pulls away*
- *Loses their spark*

Example sentence:

My depression made small things feel very hard.

Hope



Despair



Desire

A wanting feeling that pulls you toward something you wish for.

what it might look like:

- *Wishful, longing eyes*
- *Reaching out*
- *A hopeful stare*

how to spot it in others:

- *Wishes out loud*
- *Reaches for it*
- *Keeps thinking of it*

Example sentence:

My desire made me wish for it all day.

Contentment



Craving



Despair

A very low feeling when hope feels far, far away.

what it might look like:

- *A sunken, low body*
- *Empty, tired eyes*
- *A heavy sigh*

how to spot it in others:

- *Loses all hope*
- *Slumps low*
- *Goes very quiet*

Example sentence:

My despair felt heavy, so I asked for a hug.

Grief



Hopeless



Detachment

A floaty, far-away feeling like you're not quite here.

what it might look like:

- *A faraway look*
- *Floaty, still body*
- *A quiet drift*

how to spot it in others:

- *Seems far away*
- *Tunes things out*
- *Goes still*

Example sentence:

My detachment made me feel far away.

Calm



Numbness



Determination

A strong, keep-going feeling that helps you not give up.

what it might look like:

- *A firm, set jaw*
- *Rolled-up sleeves*
- *A steady, sure step*

how to spot it in others:

- *Keeps trying*
- *Won't give up*
- *Pushes on*

Example sentence:

My determination helped me try one more time.

Confidence



Frustration



Disappointment

A let-down feeling when something didn't go how you hoped.

what it might look like:

- *A droopy frown*
- *Slumped shoulders*
- *A soft, sad sigh*

how to spot it in others:

- *Sighs sadly*
- *Droops down*
- *Looks let down*

Example sentence:

I felt disappointment when the trip was off.

Acceptance



Sadness



Disgust

A yucky feeling that makes you want to back away.

what it might look like:

- *A scrunched-up nose*
- *A yuck face*
- *Backing away*

how to spot it in others:

- *Says ew or yuck*
- *Wrinkles their nose*
- *Backs away*

Example sentence:

I felt disgust at the slimy, mushy mess.

Calm



Revolted



Dismay

An oh-no feeling when something unexpected upsets you.

what it might look like:

- *A dropped-jaw oh no*
- *A worried frown*
- *Wide, startled eyes*

how to spot it in others:

- *Says oh no*
- *Looks upset*
- *Freezes a moment*

Example sentence:

I felt dismay when my tower fell down.

Acceptance



Frustration



Displeased

A not-happy feeling when something isn't the way you want.

what it might look like:

- *A little frown*
- *Crossed arms*
- *A grumpy huff*

how to spot it in others:

- *Frowns*
- *Crosses arms*
- *Huffs quietly*

Example sentence:

I felt displeased when my turn was skipped.

Calm



Anger



Distraction

A pulled-away feeling when your mind keeps wandering off.

what it might look like:

- *Wandering eyes*
- *Fidgety hands*
- *A drifting mind*

how to spot it in others:

- *Looks around a lot*
- *Loses their place*
- *Drifts off*

Example sentence:

My distraction kept pulling my mind away.

Mindfulness  **Overwhelm**



Distrust

A careful feeling that makes it hard to feel sure of someone.

what it might look like:

- *A wary, careful look*
- *Keeping your distance*
- *A raised eyebrow*

how to spot it in others:

- *Holds back*
- *Watches closely*
- *Stays careful*

Example sentence:

My distrust made me want to be careful.

Trust



Suspicion



Doubt

An unsure feeling that makes you wonder if you can.

what it might look like:

- *A biting lip*
- *A wobbly maybe*
- *A hesitant pause*

how to spot it in others:

- *Says maybe*
- *Holds back*
- *Second-guesses*

Example sentence:

My doubt made me unsure I could do it.

Confidence



Anxiety



Dread

A heavy, worried feeling about something coming up.

what it might look like:

- *A knot in your tummy*
- *Dragging your feet*
- *A worried face*

how to spot it in others:

- *Pulls back*
- *Avoids it*
- *Looks worried*

Example sentence:

My dread made my tummy feel heavy.

Calm



Panic



Eager

A can't-wait feeling that makes you ready to go.

what it might look like:

- *A big ready grin*
- *Bouncy, quick feet*
- *Reaching hands*

how to spot it in others:

- *Jumps to start*
- *Says pick me*
- *Bounces with go*

Example sentence:

I felt eager to jump right in and start.

Joy



Impatience



Elated

A super-happy feeling that lifts you way up high.

what it might look like:

- *A giant beaming grin*
- *Jumpy happy feet*
- *Arms in the air*

how to spot it in others:

- *Jumps for joy*
- *Beams brightly*
- *Cheers out loud*

Example sentence:

I felt elated when I got the good news.

Joy



Euphoric



Embarrassment

A warm, red-cheeks feeling when you feel seen or silly.

what it might look like:

- Warm, red cheeks
- Hiding your face
- A shy little laugh

how to spot it in others:

- Turns red
- Hides their face
- Laughs nervously

Example sentence:

I felt embarrassment when I tripped in class.

Calm



Shame



Empathy

Feeling what someone else feels and caring about their heart.

what it might look like:

- *A caring, soft face*
- *Sitting close by*
- *A gentle nod*

how to spot it in others:

- *Feels with you*
- *Comforts others*
- *Listens with care*

Example sentence:

I felt empathy when my friend was hurting.

Compassion  **Overwhelm**



Enamored

A glowy, love-struck feeling when you adore someone.

what it might look like:

- *Dreamy, glowy eyes*
- *A soft, happy sigh*
- *A warm smile*

how to spot it in others:

- *Gazes fondly*
- *Sighs happily*
- *Talks about them*

Example sentence:

I felt enamored with my brand new puppy.

Love



Longing



Enchanted

A magical feeling like you're caught up in wonder.

what it might look like:

- *Wide, dreamy eyes*
- *A soft, awed smile*
- *A still, held breath*

how to spot it in others:

- *Stares in wonder*
- *Seems spellbound*
- *Smiles softly*

Example sentence:

I felt enchanted by the glowing fireflies.

Wonder



Longing



Enthralled

A totally-caught-up feeling when you can't look away.

what it might look like:

- *Locked-in eyes*
- *A leaning-in body*
- *A held breath*

how to spot it in others:

- *Can't look away*
- *Leans in close*
- *Stays fixed on it*

Example sentence:

I felt enthralled by the amazing show.

Awe



Overwhelm



Enthusiasm

A bright, excited feeling that makes you want to dive in.

what it might look like:

- *A big ready grin*
- *Bouncy, quick feet*
- *Bright, eager eyes*

how to spot it in others:

- *Cheers to start*
- *Bounces with go*
- *Says yes fast*

Example sentence:

I felt enthusiasm to start our new project.

Joy



Overwhelm



Envy

A wishing feeling when you want what someone else has.

what it might look like:

- *A longing stare*
- *A quiet sigh*
- *Watchful, wishful eyes*

how to spot it in others:

- *Watches wishfully*
- *Says I wish*
- *Compares a lot*

Example sentence:

I felt envy but I know my turn will come.

Gratitude



Resentment



Euphoric

A bursting, over-the-moon happy feeling.

what it might look like:

- *A huge glowing grin*
- *Jumpy, spinny feet*
- *Arms up high*

how to spot it in others:

- *Bursts with joy*
- *Spins and cheers*
- *Glow all over*

Example sentence:

I felt euphoric bouncing around with joy.

Joy



Overwhelm



Excitement

A buzzy, happy feeling when something great is coming.

what it might look like:

- *Bouncy happy feet*
- *A big buzzy grin*
- *Wiggly hands*

how to spot it in others:

- *Can't sit still*
- *Talks fast*
- *Bounces around*

Example sentence:

I felt excitement waiting for my birthday.

Joy



Overwhelm



Failure

A sad feeling when something didn't work the way you tried.

what it might look like:

- *A droopy head*
- *Slumped shoulders*
- *A quiet sigh*

how to spot it in others:

- *Feels let down*
- *Slumps low*
- *Wants to quit*

Example sentence:

I felt like a failure but I'll try again.

Determination



Despair



Fear

A scared feeling that warns you something might not be safe.

what it might look like:

- *Wide, worried eyes*
- *A frozen still body*
- *A quick heartbeat*

how to spot it in others:

- *Freezes up*
- *Hides or runs*
- *Eyes go wide*

Example sentence:

My fear made me freeze, then I found my brave.

Courage



Panic



Forgiveness

Letting go of a hurt so your heart can feel light again.

what it might look like:

- *A softer face*
- *A slow, deep breath*
- *An open hand*

how to spot it in others:

- *Lets it go*
- *Offers peace*
- *Smiles again*

Example sentence:

I felt forgiveness and let the hurt go.

Peace



Resentment



Frightened

A jumpy, scared feeling when something startles you.

what it might look like:

- *A little jump*
- *Wide, startled eyes*
- *A gasp*

how to spot it in others:

- *Jumps back*
- *Gasps or yelps*
- *Grabs for you*

Example sentence:

I felt frightened when the door slammed shut.

Nervous



Terrified



Frustration

A stuck, grr feeling when something just won't work.

what it might look like:

- *A big grr sigh*
- *Tight, clenched hands*
- *A crumpled paper*

how to spot it in others:

- *Groans grr*
- *Gives a huff*
- *Wants to quit*

Example sentence:

My frustration grew when my shoe wouldn't tie.

Annoyance



Anger



Glee

A giggly, delighted feeling that bubbles right over.

what it might look like:

- *A giggly grin*
- *Wiggly happy feet*
- *Bright, shiny eyes*

how to spot it in others:

- *Giggles a lot*
- *Claps with joy*
- *Bounces around*

Example sentence:

I felt glee and giggled with my friends.

Joy



Overwhelm



Gloom

A grey, low feeling like a little rain cloud inside.

what it might look like:

- *A droopy frown*
- *A slow, quiet body*
- *A faraway look*

how to spot it in others:

- *Seems down*
- *Sighs a lot*
- *Pulls away*

Example sentence:

My gloom felt like a grey little cloud.

Calm



Sadness



Grace

A gentle, kind way of being that puts others at ease.

what it might look like:

- *A calm, kind smile*
- *Gentle, easy hands*
- *A soft, warm voice*

how to spot it in others:

- *Stays gentle*
- *Forgives kindly*
- *Helps with ease*

Example sentence:

I felt grace and answered with kind words.

Peace





Gratitude

A thankful, warm feeling for the good things you have.

what it might look like:

- *A warm thank you*
- *A happy smile*
- *A hand on the heart*

how to spot it in others:

- *Says thank you*
- *Notices good things*
- *Smiles warmly*

Example sentence:

I felt gratitude for my cozy, warm home.

Contentment



Longing



Grief and Loneliness

A deep, missing feeling when someone or something is gone.

what it might look like:

- *Teary, sad eyes*
- *A quiet, still body*
- *A heavy sigh*

how to spot it in others:

- *Cries softly*
- *Wants quiet*
- *Misses someone*

Example sentence:

My grief felt big, so I asked for a hug.

Sadness



Despair



Grit

A tough, keep-going feeling that helps you stick with it.

what it might look like:

- *Rolled-up sleeves*
- *A firm, set face*
- *A steady try again*

how to spot it in others:

- *Sticks with it*
- *Tries and tries*
- *Won't give up*

Example sentence:

My grit helped me finish the hard part.

Determination  **Frustration**



Grumpiness

A cranky, grr feeling when nothing seems quite right.

what it might look like:

- *A grumpy frown*
- *Crossed arms*
- *A short huff*

how to spot it in others:

- *Frowns a lot*
- *Snap quickly*
- *Wants to be alone*

Example sentence:

I felt grumpy and needed a little space.

Calm



Anger



Guilt

A heavy feeling when you know you did something wrong.

what it might look like:

- *A lowered head*
- *A guilty look away*
- *Fidgety hands*

how to spot it in others:

- *Looks away*
- *Hangs their head*
- *Says sorry*

Example sentence:

My guilt made me want to say I'm sorry.

Forgiveness



Shame



Happiness

A warm, glad feeling that makes your whole self smile.

what it might look like:

- *A big, bright smile*
- *A happy little skip*
- *Shiny, glad eyes*

how to spot it in others:

- *Smiles a lot*
- *Laughs easily*
- *Skips around*

Example sentence:

I felt happiness playing out in the sun.

Contentment  **Excitement**



Hatred

A very hot, hard feeling of really not liking something.

what it might look like:

- *A hard, tight face*
- *Clenched fists*
- *A cold, sharp glare*

how to spot it in others:

- *Glares hard*
- *Turns away*
- *Speaks with heat*

Example sentence:

I felt hatred but I chose to walk away.

Forgiveness



Rage



Heartbreak

A deep, achy feeling when something you love is lost.

what it might look like:

- *A hand on your chest*
- *Teary, sad eyes*
- *A slow, heavy body*

how to spot it in others:

- *Cries deeply*
- *Holds their chest*
- *Wants comfort*

Example sentence:

My heartbreak ached, so I let myself cry.

Grief



Despair



Helpless

A stuck feeling when you don't know how to fix things.

what it might look like:

- *Open, empty hands*
- *A worried frown*
- *A small, still body*

how to spot it in others:

- *Freezes up*
- *Asks for help*
- *Looks lost*

Example sentence:

I felt helpless, so I asked a grown-up.

Hope



Despair



Honor

A proud feeling for doing what is right and true.

what it might look like:

- *A tall, proud stance*
- *A steady, sure face*
- *A firm nod*

how to spot it in others:

- *Keeps their word*
- *Does what's right*
- *Stands tall*

Example sentence:

I felt honor for keeping my promise.

Pride



Smugness



Hope

A warm, wishing feeling that good things can come.

what it might look like:

- *Bright, wishful eyes*
- *A hopeful smile*
- *Looking up ahead*

how to spot it in others:

- *Looks ahead*
- *Says maybe soon*
- *Keeps trying*

Example sentence:

I felt hope that tomorrow would be better.

Optimism



Worry



Hopeless

A low feeling when it seems like nothing will get better.

what it might look like:

- *A slumped, low body*
- *A faraway sigh*
- *Tired, dim eyes*

how to spot it in others:

- *Gives up*
- *Slumps low*
- *Stops trying*

Example sentence:

I felt hopeless, so I reached out for help.

Hope



Despair



Horried

A big, shocked feeling when something is really scary.

what it might look like:

- *Wide, shocked eyes*
- *Hands on your face*
- *A frozen gasp*

how to spot it in others:

- *Gasps in shock*
- *Covers their eyes*
- *Freezes up*

Example sentence:

I felt horried by the scary loud crash.

Scared



Terrified



Hostile

A hot, ready-to-fight feeling that pushes others away.

what it might look like:

- *A hard, glaring face*
- *Clenched fists*
- *A sharp, loud voice*

how to spot it in others:

- *Glares or snaps*
- *Pushes away*
- *Speaks with heat*

Example sentence:

I felt hostile but I took a big breath.

Calm



Rage



Humility

A humble feeling that lets you learn and share the shine.

what it might look like:

- *A gentle, calm smile*
- *A modest shrug*
- *A quiet thank you*

how to spot it in others:

- *Shares the credit*
- *Says thank you*
- *Listens to learn*

Example sentence:

I felt humility and thanked my whole team.

Grace



Shame



Hurt

A sore, achy feeling when something wounds your heart.

what it might look like:

- *Teary eyes*
- *A hand on your chest*
- *A quiet, sad face*

how to spot it in others:

- *Goes quiet*
- *Holds back tears*
- *Pulls away*

Example sentence:

I felt hurt, so I told them how I felt.

Compassion



Anger



Hysterical

A big, out-of-control feeling that spills over fast.

what it might look like:

- *Fast, gulpy breaths*
- *Shaky, wild hands*
- *A loud, big cry*

how to spot it in others:

- *Cries very hard*
- *Can't calm down*
- *Breathes fast*

Example sentence:

My hysterical feeling faded when I breathed slow.

Calm



Panic



Illustrious

A shining, proud feeling for doing something great.

what it might look like:

- *A proud, tall stance*
- *A bright, big smile*
- *A shiny glow*

how to spot it in others:

- *Stands proud*
- *Shines bright*
- *Beams with pride*

Example sentence:

I felt illustrious after my big win.

Pride



Smugness



Imagination

A playful feeling that dreams up wonderful new ideas.

what it might look like:

- *A dreamy look*
- *Made-up games*
- *Bright, busy eyes*

how to spot it in others:

- *Makes up stories*
- *Pretends a lot*
- *Dreams big*

Example sentence:

My imagination turned the box into a ship.

Wonder





Impatience

An antsy feeling when waiting feels too, too long.

what it might look like:

- *Tapping fingers*
- *A big, huffy sigh*
- *Wiggly, restless feet*

how to spot it in others:

- *Taps and sighs*
- *Asks are we there*
- *Can't wait*

Example sentence:

My impatience made the waiting feel so long.

Calm



Frustration



Inadequate

A not-enough feeling like you don't measure up.

what it might look like:

- *A droopy head*
- *Slumped shoulders*
- *A quiet, small voice*

how to spot it in others:

- *Holds back*
- *Says I can't*
- *Compares to others*

Example sentence:

I felt inadequate but I'm still learning.

Confidence



Shame



Inclusion

*A warm feeling of being part of the group
and welcome.*

what it might look like:

- *A saved seat*
- *A friendly wave in*
- *A big group smile*

how to spot it in others:

- *Waves others in*
- *Saves a seat*
- *Includes everyone*

Example sentence:

I felt inclusion when they waved me in.

Belonging



Isolated



Indecision

A stuck feeling when you just can't choose.

what it might look like:

- *A back-and-forth look*
- *A slow, unsure shrug*
- *A tapping chin*

how to spot it in others:

- *Can't decide*
- *Says um a lot*
- *Changes their mind*

Example sentence:

My indecision made it hard to pick one.

Confidence



Anxiety



Independence

A proud feeling of doing it all by yourself.

what it might look like:

- *A proud grin*
- *Busy, capable hands*
- *A tall stance*

how to spot it in others:

- *Says I can do it*
- *Tries alone*
- *Stands tall*

Example sentence:

I felt independence tying my shoes myself.

Confidence



Isolated



Inferior

A small feeling like you're less than everyone else.

what it might look like:

- *A droopy head*
- *A shrinking body*
- *A quiet, low voice*

how to spot it in others:

- *Shrinks back*
- *Says I can't*
- *Compares a lot*

Example sentence:

I felt inferior but I have my own gifts.

Confidence



Shame



Insecurity

A wobbly, unsure feeling about yourself.

what it might look like:

- *A shy, unsure look*
- *Fidgety hands*
- *A quiet, small voice*

how to spot it in others:

- *Holds back*
- *Second-guesses*
- *Seeks reassurance*

Example sentence:

My insecurity faded when a friend cheered me on.

Confidence



Shame



Intrigue

A curious pull that makes you want to find out more.

what it might look like:

- *A leaning-in body*
- *Bright, curious eyes*
- *A raised eyebrow*

how to spot it in others:

- *Leans in close*
- *Asks what's that*
- *Wants to know more*

Example sentence:

My intrigue made me want to learn more.

Curiosity





Irritable

A prickly, easily-bugged feeling.

what it might look like:

- *A quick, short huff*
- *A grumpy frown*
- *Crossed arms*

how to spot it in others:

- *Snaps easily*
- *Sighs a lot*
- *Gets bugged fast*

Example sentence:

I felt irritable and needed a quiet break.

Calm



Anger



Isolated

A lonely feeling like you're all by yourself.

what it might look like:

- *Sitting all alone*
- *A faraway look*
- *A quiet, small body*

how to spot it in others:

- *Sits apart*
- *Goes quiet*
- *Pulls away*

Example sentence:

I felt isolated, so I asked to join in.

Connection



Despair



Jealousy

A tight feeling when you're scared to lose what's yours.

what it might look like:

- *A watchful look*
- *A tight, small frown*
- *Holding on tight*

how to spot it in others:

- *Watches closely*
- *Says that's mine*
- *Wants to guard it*

Example sentence:

I felt jealousy but shared my friend anyway.

Contentment



Envy



Joy

A big, bright, bubbly happy feeling.

what it might look like:

- *A giant happy grin*
- *A joyful little skip*
- *Shiny, glad eyes*

how to spot it in others:

- *Laughs freely*
- *Skips and cheers*
- *Beams brightly*

Example sentence:

I felt joy dancing around the sunny yard.

Contentment  **Euphoric**



Jubilant

A cheering, celebrating feeling that spills over with joy.

what it might look like:

- *A huge cheering grin*
- *Jumpy, happy feet*
- *Arms in the air*

how to spot it in others:

- *Cheers loudly*
- *Jumps for joy*
- *Celebrates big*

Example sentence:

I felt jubilant when our team won.

Joy



Euphoric



Judgement

A quick opinion feeling that decides fast about others.

what it might look like:

- *A raised eyebrow*
- *A slow head shake*
- *A narrowed look*

how to spot it in others:

- *Decides fast*
- *Points things out*
- *Sizes others up*

Example sentence:

My judgement was quick, so I looked again.

Acceptance



Contempt



Lack

An empty feeling like something you need is missing.

what it might look like:

- *An empty, open hand*
- *A longing look*
- *A quiet sigh*

how to spot it in others:

- *Says I need more*
- *Looks for it*
- *Feels the gap*

Example sentence:

My lack made me feel something was missing.

Contentment



Craving



Laziness

A slow, don't-feel-like-it feeling.

what it might look like:

- *A slow, sleepy body*
- *A big yawn*
- *A comfy slump*

how to spot it in others:

- *Moves slowly*
- *Puts things off*
- *Wants to rest*

Example sentence:

My laziness made me want to just rest.

Calm



Boredom



Longing

A deep wishing feeling for something far away.

what it might look like:

- *A wishful gaze*
- *A soft, quiet sigh*
- *A hand on the heart*

how to spot it in others:

- *Gazes far off*
- *Says I miss it*
- *Sighs softly*

Example sentence:

My longing made me miss my old home.

Hope



Grief



Love

A big, warm feeling of caring deeply for someone.

what it might look like:

- Warm, cozy hugs
- A soft, glowy smile
- A hand to hold

how to spot it in others:

- Gives warm hugs
- Says I love you
- Stays close

Example sentence:

I felt love and hugged my family tight.

Contentment



Longing



Melancholy

A soft, quiet sad feeling that lingers gently.

what it might look like:

- *A faraway, misty look*
- *A slow, quiet body*
- *A soft sigh*

how to spot it in others:

- *Seems wistful*
- *Goes quiet*
- *Gazes far off*

Example sentence:

My melancholy felt like a soft, grey day.

Peace



Sadness



Mindfulness

A calm, right-now feeling of noticing this moment.

what it might look like:

- *Slow, easy breaths*
- *A calm, still body*
- *Noticing eyes*

how to spot it in others:

- *Breathes slowly*
- *Notices small things*
- *Stays present*

Example sentence:

I felt mindfulness noticing each slow breath.

Peace





Mischief

A playful, giggly feeling that wants to stir up fun.

what it might look like:

- *A sneaky little grin*
- *Giggly, hidden hands*
- *Playful eyes*

how to spot it in others:

- *Grins slyly*
- *Giggles a lot*
- *Plans a fun trick*

Example sentence:

My mischief made me want to play a trick.

Playful



Guilt



Miserable

A very sad, gloomy feeling all over.

what it might look like:

- *A droopy, low body*
- *Teary eyes*
- *A big, sad sigh*

how to spot it in others:

- *Cries or mopes*
- *Slumps low*
- *Seems very down*

Example sentence:

I felt miserable, so I asked for a hug.

Sadness



Despair



Mistakes

The oops feeling when something goes wrong and you can learn.

what it might look like:

- *An oops face*
- *A little wince*
- *A do-over shrug*

how to spot it in others:

- *Says oops*
- *Tries to fix it*
- *Learns and retries*

Example sentence:

I made a mistake, so I tried it again.

Resilience



Shame



Mortified

A super-embarrassed feeling like you want to hide.

what it might look like:

- *Very red cheeks*
- *Hiding your face*
- *A shrinking body*

how to spot it in others:

- *Hides their face*
- *Turns bright red*
- *Wants to hide*

Example sentence:

I felt mortified but the moment passed.

Embarrassment



Shame



Need

A must-have feeling when something is really important to you.

what it might look like:

- *Reaching hands*
- *A pleading look*
- *A tugging pull*

how to spot it in others:

- *Asks for help*
- *Reaches out*
- *Says I need it*

Example sentence:

My need made me ask for what I wanted.

Contentment



Craving



Neglect

A left-out feeling when no one seems to notice you.

what it might look like:

- *A lonely, quiet body*
- *A faraway look*
- *Slumped shoulders*

how to spot it in others:

- *Sits alone*
- *Goes unnoticed*
- *Pulls away*

Example sentence:

I felt neglect, so I spoke up to be seen.

Connection



Isolated



Nervous

A jittery, butterflies feeling before something big.

what it might look like:

- *Fidgety, wiggly hands*
- *A flippy tummy*
- *A shaky voice*

how to spot it in others:

- *Fidgets a lot*
- *Bites their nails*
- *Seems jittery*

Example sentence:

I felt nervous with butterflies in my tummy.

Calm



Scared



Nostalgia

A warm, missing feeling remembering happy old times.

what it might look like:

- *A soft, dreamy smile*
- *A faraway look*
- *A quiet sigh*

how to spot it in others:

- *Talks of old times*
- *Smiles softly*
- *Gazes far off*

Example sentence:

I felt nostalgia looking at old photos.

Gratitude



Grief



Numbness

A blank, nothing feeling when your heart goes quiet.

what it might look like:

- *A blank, still face*
- *A far-off stare*
- *A quiet, flat body*

how to spot it in others:

- *Seems flat*
- *Goes still*
- *Feels far away*

Example sentence:

My numbness made everything feel far away.

Calm



Detachment



Optimism

A hopeful, bright-side feeling that things will be good.

what it might look like:

- *A hopeful, sunny smile*
- *Bright, up eyes*
- *A cheerful nod*

how to spot it in others:

- *Sees the good*
- *Says it'll be okay*
- *Smiles ahead*

Example sentence:

My optimism helped me see the bright side.

Hope



Worry



Overwhelm

A too-much feeling when everything piles up at once.

what it might look like:

- *Holding your head*
- *A frozen, stuck body*
- *Fast, gulpy breaths*

how to spot it in others:

- *Freezes up*
- *Needs a break*
- *Gets teary fast*

Example sentence:

My overwhelm faded when I took one small step.

Calm



Panic



Pain

A hurting feeling in your body or your heart.

what it might look like:

- *A wincing face*
- *A hand on the hurt*
- *Teary eyes*

how to spot it in others:

- *Winces or cries*
- *Holds the hurt*
- *Wants comfort*

Example sentence:

My pain felt big, so I told a grown-up.

Compassion



Grief



Panic

A fast, scared feeling that makes everything feel urgent.

what it might look like:

- *Fast, gulpy breaths*
- *Wide, scared eyes*
- *A racing heart*

how to spot it in others:

- *Breathes fast*
- *Freezes or bolts*
- *Seems very scared*

Example sentence:

My panic slowed when I breathed nice and slow.

Scared



Terrified



Paranoia

A worried feeling that something is wrong when it may not be.

what it might look like:

- *Darting, watchful eyes*
- *A jumpy body*
- *A worried frown*

how to spot it in others:

- *Watches everything*
- *Seems on guard*
- *Fears the worst*

Example sentence:

My paranoia faded when I checked and felt safe.

Calm



Fear



Passion

A strong, fiery love for something you really care about.

what it might look like:

- *Bright, blazing eyes*
- *Busy, eager hands*
- *A big glowing grin*

how to spot it in others:

- *Dives right in*
- *Talks with fire*
- *Gives their all*

Example sentence:

My passion made me want to play all day.

Joy



Overwhelm



Peace

A calm, all-is-well feeling deep inside.

what it might look like:

- *A soft, easy smile*
- *Slow, gentle breaths*
- *A restful body*

how to spot it in others:

- *Seems settled*
- *Breathes easy*
- *Stays calm*

Example sentence:

I felt peace resting quietly in the shade.



Perplexed

A puzzled feeling when something is hard to figure out.

what it might look like:

- *A scrunched-up face*
- *A tilted head*
- *A slow hmm*

how to spot it in others:

- *Says hmm a lot*
- *Head scratching*
- *Looks puzzled*

Example sentence:

I felt perplexed by the tricky riddle.

Curiosity



Frustration



Playful

A fun, giggly feeling that wants to play and joke.

what it might look like:

- *A giggly grin*
- *Bouncy, silly feet*
- *Bright, fun eyes*

how to spot it in others:

- *Loves to play*
- *Giggles a lot*
- *Makes up games*

Example sentence:

I felt playful and made up a silly game.

Joy



Mischief



Pleased

A happy, satisfied feeling when things go well.

what it might look like:

- *A happy little smile*
- *A satisfied nod*
- *Bright, glad eyes*

how to spot it in others:

- *Smiles softly*
- *Nods happily*
- *Seems content*

Example sentence:

I felt pleased when my picture came out well.



Powerlessness

A stuck feeling like you can't change what's happening.

what it might look like:

- *Open, empty hands*
- *A small, still body*
- *A helpless sigh*

how to spot it in others:

- *Freezes up*
- *Feels stuck*
- *Asks for help*

Example sentence:

I felt powerless, so I asked for some help.

Acceptance



Despair



Pride

A warm, glowy feeling for something you did well.

what it might look like:

- *A tall, proud stance*
- *A big beaming grin*
- *A puffed-up chest*

how to spot it in others:

- *Stands tall*
- *Shows their work*
- *Beams with pride*

Example sentence:

I felt pride when I finished all by myself.

Contentment  **Smugness**



Protectiveness

A caring feeling that makes you want to keep someone safe.

what it might look like:

- *Standing in front*
- *Watchful, ready eyes*
- *A guarding arm*

how to spot it in others:

- *Stands guard*
- *Watches closely*
- *Steps in to help*

Example sentence:

I felt protectiveness of my little sister.

Love



Fear



Rage

A huge, blazing anger that feels ready to explode.

what it might look like:

- *A red, blazing face*
- *Shaky, clenched fists*
- *A loud, big roar*

how to spot it in others:

- *Roars loudly*
- *Shakes with heat*
- *Wants to burst*

Example sentence:

My rage was huge, so I stomped and breathed.

Anger



Hostile



Regret

A wishing feeling that you had done something different.

what it might look like:

- *A lowered head*
- *A quiet, sorry look*
- *A soft sigh*

how to spot it in others:

- *Says I wish I hadn't*
- *Looks down*
- *Wants a do-over*

Example sentence:

My regret made me wish I had chosen better.

Acceptance



Guilt



Relaxation

A loose, easy feeling when your body lets go and rests.

what it might look like:

- *A loose, comfy body*
- *Slow, easy breaths*
- *A soft, calm smile*

how to spot it in others:

- *Melts into rest*
- *Breathes slowly*
- *Seems at ease*

Example sentence:

I felt relaxation melting into the soft couch.

Calm



Laziness



Relief

A whew feeling when a worry finally floats away.

what it might look like:

- *A big whew sigh*
- *Loosened shoulders*
- *A soft, glad smile*

how to spot it in others:

- *Sighs whew*
- *Relaxes at last*
- *Smiles softly*

Example sentence:

I felt relief when the test was finally over.

Calm



Worry



Reluctance

A holding-back feeling when you don't really want to.

what it might look like:

- *Dragging feet*
- *A slow, unsure shrug*
- *A quiet no thanks*

how to spot it in others:

- *Holds back*
- *Moves slowly*
- *Says maybe later*

Example sentence:

My reluctance made me want to wait a bit.

Acceptance



Fear



Resentment

A stewing feeling when an old hurt won't go away.

what it might look like:

- *A tight, held-in frown*
- *Crossed arms*
- *A quiet grumble*

how to spot it in others:

- *Holds a grudge*
- *Stews quietly*
- *Recalls old hurts*

Example sentence:

My resentment faded when I let the hurt go.

Forgiveness



Hatred



Resilience

A bounce-back feeling that helps you keep going.

what it might look like:

- *A get-back-up stance*
- *A brave, ready face*
- *A steady try again*

how to spot it in others:

- *Bounces back*
- *Tries again*
- *Keeps their spark*

Example sentence:

My resilience helped me get back up and try.

Hope



Defeat



Respect

A treating-kindly feeling that honors others and yourself.

what it might look like:

- *A polite, kind nod*
- *Careful listening*
- *Gentle, fair hands*

how to spot it in others:

- *Listens kindly*
- *Takes turns*
- *Speaks politely*

Example sentence:

I felt respect and listened to their idea.

Admiration



Contempt



Responsibility

A caring feeling of taking care of what is yours to do.

what it might look like:

- *Busy, helping hands*
- *A ready, sure face*
- *A steady follow-up*

how to spot it in others:

- *Owens their job*
- *Follows through*
- *Helps out*

Example sentence:

I felt responsibility to finish my own job.

Confidence



Overwhelm



Retreat

A pulling-back feeling when you need to step away.

what it might look like:

- *A step backward*
- *A quiet, small body*
- *Turning away*

how to spot it in others:

- *Steps back*
- *Goes quiet*
- *Seeks a safe spot*

Example sentence:

My retreat helped me find a calm, quiet spot.

Calm



Withdrawn



Revolted

A strong yuck feeling that makes you turn right away.

what it might look like:

- *A scrunched-up nose*
- *A big yuck face*
- *Backing away fast*

how to spot it in others:

- *Says ew loudly*
- *Turns away fast*
- *Wrinkles their nose*

Example sentence:

I felt revolted by the slimy, gross goo.

Calm



Hatred



Romantic

A sweet, glowy feeling of caring for someone specially.

what it might look like:

- *Dreamy, glowy eyes*
- *A soft, happy sigh*
- *A warm smile*

how to spot it in others:

- *Gazes fondly*
- *Sighs happily*
- *Shares kind words*

Example sentence:

I felt romantic making my mom a heart card.

Love



Longing



Sadness

A blue, heavy feeling when something makes your heart hurt.

what it might look like:

- *Teary, droopy eyes*
- *A slow, quiet body*
- *A soft frown*

how to spot it in others:

- *Cries softly*
- *Goes quiet*
- *Wants comfort*

Example sentence:

My sadness felt heavy, so I let myself cry.

Hope



Grief



Safety

A cozy feeling of being protected and okay.

what it might look like:

- *A calm, easy body*
- *A soft, sure smile*
- *Settled shoulders*

how to spot it in others:

- *Seems at ease*
- *Relaxes*
- *Trusts the space*

Example sentence:

I felt safety tucked in my cozy bed.

Calm



Fear



Satisfaction

A full, well-done feeling when something turns out right.

what it might look like:

- *A happy, easy sigh*
- *A satisfied nod*
- *A soft, glad smile*

how to spot it in others:

- *Nods happily*
- *Seems content*
- *Smiles softly*

Example sentence:

I felt satisfaction after my job was done.

Contentment



Pride



Scared

A frightened feeling that something might not be safe.

what it might look like:

- *Wide, worried eyes*
- *A frozen still body*
- *Grabbing for a hand*

how to spot it in others:

- *Freezes or hides*
- *Grabs for you*
- *Eyes go wide*

Example sentence:

I felt scared, then I found my brave breath.

Nervous



Terrified



Sentimental

A tender, warm feeling for things that matter to your heart.

what it might look like:

- *A soft, misty smile*
- *Holding a keepsake*
- *A gentle sigh*

how to spot it in others:

- *Keeps special things*
- *Smiles softly*
- *Talks with care*

Example sentence:

I felt sentimental holding my old teddy.

Gratitude



Grief



Serene

A peaceful, glassy-calm feeling all through you.

what it might look like:

- *A soft, gentle smile*
- *Slow, easy breaths*
- *A still, calm body*

how to spot it in others:

- *Stays very calm*
- *Breathes slowly*
- *Seems peaceful*

Example sentence:

I felt serene watching the still, quiet pond.

Peace





Shame

A hiding feeling like you wish you could disappear.

what it might look like:

- *A lowered head*
- *Hiding your face*
- *A shrinking body*

how to spot it in others:

- *Hides away*
- *Hangs their head*
- *Goes very quiet*

Example sentence:

My shame got smaller when I told someone.

Compassion



Inferior



Shock

A sudden jolt feeling when something surprising hits.

what it might look like:

- *A frozen still body*
- *Wide, startled eyes*
- *A big gasp*

how to spot it in others:

- *Freezes up*
- *Gasps loudly*
- *Can't speak*

Example sentence:

I felt shock when the surprise popped out.

Calm



Panic



Shyness

A quiet, hold-back feeling around new people.

what it might look like:

- *Hiding behind a hand*
- *A quiet, small voice*
- *Peeking out slowly*

how to spot it in others:

- *Hides a little*
- *Speaks softly*
- *Warms up slowly*

Example sentence:

My shyness faded once I said a small hi.

Courage



Withdrawn



Skepticism

A questioning feeling that wants proof before believing.

what it might look like:

- *A raised eyebrow*
- *A doubtful hmm*
- *A careful look*

how to spot it in others:

- *Asks are you sure*
- *Wants proof*
- *Looks doubtful*

Example sentence:

My skepticism made me want to check first.

Curiosity



Paranoia



Smugness

A too-proud feeling that shows off over others.

what it might look like:

- *A know-it-all smirk*
- *A chin held high*
- *A boastful grin*

how to spot it in others:

- *Bags a lot*
- *Smirks proudly*
- *Shows off*

Example sentence:

I felt smug but chose to be kind instead.

Confidence



Contempt



Sorrow

A deep, heavy sad feeling that fills your heart.

what it might look like:

- *Teary, sad eyes*
- *A slow, heavy body*
- *A quiet sigh*

how to spot it in others:

- *Cries softly*
- *Goes quiet*
- *Wants comfort*

Example sentence:

My sorrow felt deep, so I asked for a hug.

Sadness



Despair



Speechless

A no-words feeling when something is too big to say.

what it might look like:

- *A dropped-open mouth*
- *Wide, silent eyes*
- *A frozen pause*

how to spot it in others:

- *Can't find words*
- *Stares in awe*
- *Just points*

Example sentence:

I felt speechless when I saw the huge waves.

Awe





Stress

A squeezed, too-busy feeling when there is a lot going on.

what it might look like:

- *Tight, tense shoulders*
- *A furrowed brow*
- *Fidgety hands*

how to spot it in others:

- *Seems tense*
- *Rushes around*
- *Needs a break*

Example sentence:

My stress eased when I took a slow breath.

Calm



Overwhelm



Stunned

A frozen-surprise feeling when something stops you cold.

what it might look like:

- *A frozen still body*
- *A blank, wide stare*
- *A silent pause*

how to spot it in others:

- *Freezes up*
- *Stares blankly*
- *Can't move a bit*

Example sentence:

I felt stunned when the loud thunder boomed.

Calm



Shock



Support & Encouragement

A cheering-you-on feeling that lifts others up.

what it might look like:

- *A big thumbs up*
- *A cheering smile*
- *A helping hand*

how to spot it in others:

- *Says you can do it*
- *Cheers you on*
- *Lends a hand*

Example sentence:

I felt support cheering my friend to try.

Kindness



Overwhelm



Surprise and Curiosity

A wow-and-wonder feeling that makes you want to explore.

what it might look like:

- *A little jump*
- *Wide, curious eyes*
- *Reaching to explore*

how to spot it in others:

- *Asks what's this*
- *Points and peeks*
- *Wants to know more*

Example sentence:

I felt surprise and curiosity about the new toy.

Wonder



Overwhelm



Suspicion

A wary feeling that makes you wonder if something is off.

what it might look like:

- *A raised eyebrow*
- *A careful side look*
- *A slow hmm*

how to spot it in others:

- *Watches closely*
- *Asks lots of why*
- *Stays careful*

Example sentence:

My suspicion made me want to look closer.

Trust



Paranoia



Sympathy

A caring feeling of being sorry when someone is sad.

what it might look like:

- *A soft, kind face*
- *A gentle pat*
- *A caring nod*

how to spot it in others:

- *Says I'm sorry*
- *Comforts others*
- *Sits with the sad*

Example sentence:

I felt sympathy for my friend who was hurt.

Compassion



Pain



Terrified

A very, very scared feeling that fills you up.

what it might look like:

- *A frozen, shaky body*
- *Wide, huge eyes*
- *A gulpy breath*

how to spot it in others:

- *Freezes or runs*
- *Shakes with fear*
- *Grabs for help*

Example sentence:

I felt terrified, then I found a safe grown-up.

Scared



Panic



Thankful

A grateful, glad feeling for what someone did.

what it might look like:

- *A warm thank you*
- *A happy smile*
- *A hand on the heart*

how to spot it in others:

- *Says thank you*
- *Notices kindness*
- *Smiles warmly*

Example sentence:

I felt thankful for my friend's kind help.



Triumphant

A winning, we-did-it feeling of proud success.

what it might look like:

- *Arms raised high*
- *A giant proud grin*
- *A victory jump*

how to spot it in others:

- *Cheers we did it*
- *Raises their arms*
- *Beams with pride*

Example sentence:

I felt triumphant when I reached the top.

Pride



Smugness



Trust

A safe feeling that you can count on someone.

what it might look like:

- *A relaxed, open body*
- *A warm, easy smile*
- *A leaning-close pose*

how to spot it in others:

- *Shares openly*
- *Leans on others*
- *Feels safe with you*

Example sentence:

I felt trust and shared my secret idea.

Safety



Distrust



Unhappy

A not-good, sad feeling when things feel wrong.

what it might look like:

- *A droopy frown*
- *A slow, quiet body*
- *A soft sigh*

how to spot it in others:

- *Frowns a lot*
- *Goes quiet*
- *Pulls away*

Example sentence:

I felt unhappy, so I talked about my day.

Hope



Sadness



Unsafe

A worried feeling that things around you are not okay.

what it might look like:

- *A tense, ready body*
- *Watchful, darting eyes*
- *A quick heartbeat*

how to spot it in others:

- *Seems on guard*
- *Looks for exits*
- *Wants a grown-up*

Example sentence:

I felt unsafe, so I found a trusted grown-up.

Calm



Panic



Vindication

A relieved, proud feeling when the truth is finally seen.

what it might look like:

- *A proud, sure nod*
- *A relieved smile*
- *A tall stance*

how to spot it in others:

- *Says I told you*
- *Stands proud*
- *Feels seen at last*

Example sentence:

I felt vindication when they saw I was right.

Peace



Contempt



Vulnerability

A brave, open feeling when you share your true self.

what it might look like:

- *An open, soft face*
- *A shaky, brave voice*
- *A deep breath*

how to spot it in others:

- *Shares real feelings*
- *Opens up slowly*
- *Asks for help*

Example sentence:

I felt vulnerable but I shared how I felt.

Courage



Insecurity



Withdrawn

A pulling-inward feeling when you want to be alone.

what it might look like:

- *A turned-away body*
- *A quiet, small voice*
- *Slow, closed hands*

how to spot it in others:

- *Pulls away*
- *Goes very quiet*
- *Wants to be alone*

Example sentence:

I felt withdrawn and needed some quiet time.

Calm



Isolated



Wonder

An awe-filled feeling of amazement at something magical.

what it might look like:

- *Wide, sparkly eyes*
- *A soft, awed smile*
- *A held breath*

how to spot it in others:

- *Stares in awe*
- *Says wow softly*
- *Asks how it works*

Example sentence:

I felt wonder gazing up at the shiny stars.

Awe



Confusion



Worry

A nervous feeling when your mind keeps looping on what-ifs.

what it might look like:

- *Chewing a sleeve*
- *Checking again*
- *A flippy tummy*

how to spot it in others:

- *Seems distracted*
- *Asks the same thing*
- *Wants extra hugs*

Example sentence:

My worry made my tummy feel flippy.

Hope



Anxiety



Yearning

A deep aching wish for something you long to have.

what it might look like:

- *A wishful gaze*
- *A hand on the heart*
- *A soft sigh*

how to spot it in others:

- *Gazes far off*
- *Says I wish*
- *Sighs deeply*

Example sentence:

My yearning made me wish for it with all my heart.

Hope



Grief



Zeal

A fiery, all-in feeling of loving what you do.

what it might look like:

- *Bright, blazing eyes*
- *Busy, eager hands*
- *A big ready grin*

how to spot it in others:

- *Dives in fast*
- *Cheers to start*
- *Gives their all*

Example sentence:

My zeal made me want to do it right away.

Joy



Overwhelm