



Definitions of emotions

Afraid

Worrying that something very bad is going to happen.

Angry

Feeling like you want to shout, scream, strangle something or someone.

Anxious

Feeling nervous, like you need to do something before something happens.

Brave

Feeling ready to do something dangerous or to put up with something painful.

Calm

Feeling like you don't have to worry about anything, enjoying being still and quiet.

Confused

Feeling like you don't understand what is happening or what someone is saying.

Disgust

Feeling a strong dislike towards something you are seeing, smelling, hearing, tasting or touching.

Ecstatic

Feeling overwhelmingly happy and very excited.

Excited

Feeling loads of positive energy about a current or future event.

Guilty

Feeling terrible about something you have done which may have had a negative impact on the world.

Happy

Feeling that life is lovely and you are smiling inside as well as outside.

Helpless

Feeling like there is absolutely nothing you can do to help yourself or anyone else.

Hysterical

Feeling like you have been taken over and are being controlled by an extreme emotion, this could be one of joy or one of horror.

Inspired

Feeling like you can do something because someone else has given you the confidence, encouragement or ideas you need to do it.

Jealousy

Hating that someone has something which you have not got and dissatisfaction with what you do have.

Violent

A boiling feeling which makes you want to hurt, break, smash, kill, wreck and destroy.

Relieved

Is what you feel when you are no longer under stress

Sad

When you are feeling like something or someone really important has been lost, this feeling can make us cry.

Surprised

What you feel when something happens that you were totally unprepared for and really didn't expect.

Victorious

What you feel when you are seen to be the best at something, when you win something like 20 Dreams!