

CORE EMOTIONS!

HAPPY

What We Feel When We Like Something.
Happiness also helps us try new things and meet new people.

Signs of Happiness: smiling, laughing, feeling warm, wanting to try new things

Coping skills: It's not always good to feel super happy! Sometimes we need to calm down when we have too much energy from happiness.

- Drink water.
- Take deep breaths.
- Cool yourself down.



SAD

What We Feel When Something Matters.

Signs of sadness: Feeling no energy, slumping down, frowning, crying, wanting to be alone, feeling cold

Coping skills: • Exercise. • Do something fun.

- Spend time with someone you love.
- Help someone.



DISGUSTED

What We Feel When Something is Not Good For Us
(like spoiled milk).

Signs of disgust: Wanting to get away, frowning, feeling "icky"

Coping Skills:

- Ask yourself why you feel this way.
- Did you smell something rotten? Don't eat it or go away.
- Is someone bullying someone? Tell an adult.



High Energy Happy Words:

Joy, Happy, Excited,
Overjoyed

Medium Energy Happy

Words: Confident

Low Energy Happy Words:

Calm, Relaxed, Content

Sad words (and what matters):

Lonely: We are sad because we feel alone. Our body is telling us that connection with others matters

Devastated: We are really sad because something happened involving something we really, really care about!

Guilt: We feel bad about something we did. Our body wants us to know that how we act matters.

Shame: We feel bad about ourselves. We start to think that we are bad, but our body is telling us that how we treat ourselves matters!

Disgust Words:

Disapproval, Distaste,
Disgusted, Horrified,
Dislike, Hate

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Angry Words:

Low-to-medium level

anger: Annoyed, irritated, frustrated, mad

High level anger: Enraged, Furious, Livid

Important: The body can have false alarms!

Sometimes we assume something bad happened and we get angry, but when we ask more questions, we learn we misunderstood.

Fear Words:

Scared: There might be something dangerous.

Stressed: We have something to do and we are not sure we can handle it.

Anxious or Worried: We are scared of what could happen in the future.

Important: Fear wants to help us face the scary thing or get away from it! It gives us energy to run from bears or study for stressful tests!

Important: The body can have false alarms! Sometimes we feel scared but there is no real danger

Love Words: Caring, Loving, Affectionate, Compassionate

ANGRY

What We Feel When Something is Wrong.

Signs of anger: This is different for everyone! Feeling warm, frowning, yelling, shutting down or ignoring people, tight muscles or wanting to hit/wanting to cry.

Coping Skills:

Ask yourself what your angry is trying to tell you is wrong. Are you hungry, tired, or hurt?

- Cool down • Ask for help with whatever the issue is
- Take a break • Exercise (breathing or physical)



FEAR

What We Feel When Our Body Wants to Warn Us Something Bad Could Happen.

Signs of fear: This is different for everyone! Feeling warm or hot, sweating, tight muscles/pain in muscles, upset stomach, wanting to escape, fight, or freeze!

Racing thoughts, fast breathing fast heart beat.

Coping Skills:

- Ask for help with whatever the issue is.
- Exercise (breathing or physical)
- Take a break • Mindfulness

LOVE

What We Feel When We Want the Best for Someone or Something.

Love makes us ask ourselves, "What can I do to be better and to help others be better?"

