

**Feelings we
might have
when our needs
are being met:**

(Linda K.
Williams 2-4-09)

* Revisions by
6th graders
at Lindbergh/
Schweitzer
Elem.:
Alexandra T.
Angel V.
Aurora H.
Brenda O.
Chanel E.
Chanel M.
Denise C.
Jason S.
Mitzi C.
Sergio S.
Tre=Von S.
Zayne M.

Happy
animated
blissful
bright
buoyant
cheerful
cheery
contented
cooperative
creative
delighted
ecstatic
elated
enchanted
enthralled
enthusiastic
excited *MC
exhilarated
exuberant
exultant
festive
free & easy
friendly
frisky
genial
glad
gleeful
goofy * CE
high-spirited
hilarious
honored *TS
hopeful
hyper *JS
inspired
jolly
jovial
joyful

joyous
jubilant
light-hearted *SS
lively
marvelous *DC
merry
mirthful
optimistic *CM
peaceful *MC
playful
pleased
proud
radiant
rapturous
relieved
silly *CE
sparkling
spirited
thrilled
tickled pink
vivacious

Calm
at ease
comfortable
complacent
chillin' *JS
lazy *BO
peaceful
refreshed *CE
relaxed
restful
satisfied
secure
serene
tender
tranquil
unstressed *AT

Interested
absorbed
affected
concerned
curious
engaged *ZM
engrossed
excited
fascinated
inquisitive
inquiring
inspired *MC
intrigued

Brave
audacious
bold
certain
confident
courageous
daring
dauntless
decisive
determined
empowered
encouraged
enterprising
fearless
heroic
independent
resolute
self-reliant
spirited

Eager
alive
anxious
ardent
avid
earnest
energetic
enthusiastic
impatient
intent
keen
refreshed
zealous

Thankful
appreciative
grateful

*Compassionate
Comprehension
with the
Common Core*

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@yahoo.com.*

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**Our needs may or
may not be being
met in these
cases:**

Compassionate
Empathetic

Ambivalent
conflicted
indecisive
mixed up
torn

Surprised
amazed
flabbergasted
impressed *DC
incredulous
shocked
stunned

Emotional *DC
choked up
moved * AH&TS

ETC.
bored *DC
mischievous
shy
weird

Feelings we might have when our needs are *not* being met: *Compassionate Comprehension with the Common Core*

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Angry

(NOTE: feeling *sad*,
hurt, and/or *scared*
can be at the root of
our *anger*)

aggressive * MC

annoyed

belligerent

bitter

boiling

bugged *BO

cranky

cross

enraged

exasperated

explosive *AV

frustrated

fuming

furious

grumpy

impatient

in a huff

in a stew

incensed

indignant

inflamed

infuriated

irate

irritated

(mad)

offended

provoked

resentful

sulky

sullen

ticked-off

ungrateful *CM

up in arms

upset

vengeful

worked up

wrathful

wrought up

Sad

apologetic *TS

blue

bored

broken*CE&DC

bummed *MC

cheerless

choked up

crestfallen

crushed *CM

deflated

dejected

depressed

despondent

disappointed

disconsolate

discontented

discouraged

disheartened

dismal

dismayed

distant

downcast

downhearted

dreadful

dreary

dull

empty

flat

gloomy

glum

grief-stricken

grieving

heartbroken *CE&DC

heavy-hearted

hopeless

ill at ease

in a slump *DC

in the dumps

insecure

joyless

lonely

low spirited

low

melancholy

moody

moping

mournful

oppressed

overwhelmed

out of sorts

pessimistic

solemn

somber

sorrowful

spiritless

sulky

sullen

uncomfortable

unhappy

upset

weary

withdrawn

woeful

Hurt

ashamed

aching

afflicted

agonized

crushed

disappointed *AT

distressed

grieved

heartbroken

in pain

in despair

injured

lonely

mournful

offended

pathetic

piteous

rueful

sad

suffering

tortured

tragic

upset

victimized *SS

woeful

Scared

afraid

aghast

alarmed

anxious

appalled

apprehensive

awed

cautious

chicken

concerned

cowardly

dismayed

doubtful

fainthearted

fearful

fidgety

freaky *CE

freaked-out *CM

frightened

hesitant

horrified

hysterical

in fear

insecure

irresolute

menaced

misgiving

panicked *AH

panicky

petrified

yellow

preoccupied

quaking

shaky

shocked

shy *TS

suspicious

taken aback

tense

terrified

threatened

timid

trembling tremulous

upset *SS

worried

concerned

over-protective *DC

protective

troubled

nervous *SS

uneasy

upset *DC

uptight

Jealous

envious

Guilty

apologetic *TS

guilt-ridden

penitent

regretful

sorry

Doubtful

befuddled

bewildered

cautious

confused

distrustful

dubious

hesitant

incredulous

indecisive

perplexed

puzzled

questioning

skeptical

suspicious

unbelieving

uncertain

unsure

wavering