

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

joyful

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

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

Compassionate
Comprehension
with the
Common Core

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DRAFT 2-9-15

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

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