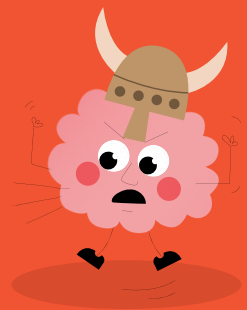
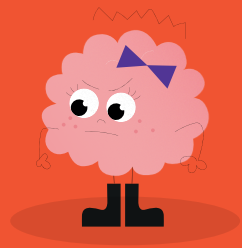
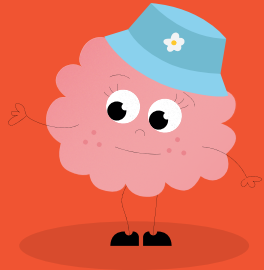


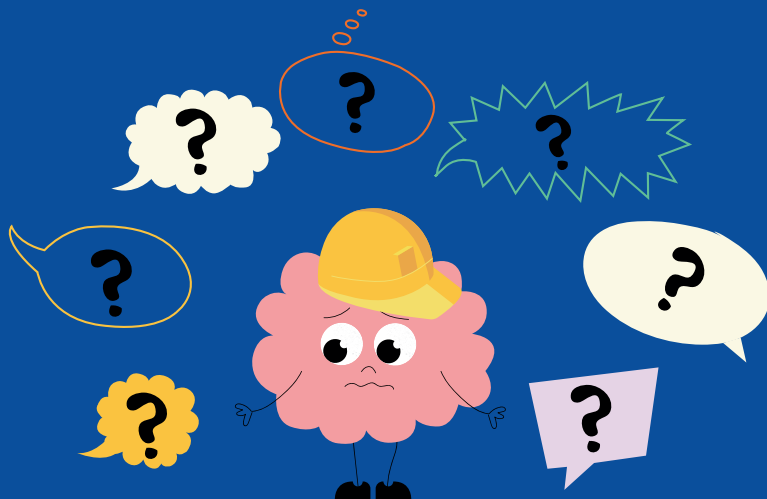
**PURE
MENTAL**



Glossary of Feelings

For Parents & Teachers





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Introduction

For this Glossary of Feelings we have adapted Dr Brené Brown's list, adding and taking away some aspects to make it more relevant to the Early Years users of the kit. Rather than keeping it as a list, we have incorporated child-friendly definitions of these core emotions to give young people a better understanding of what they mean.

This glossary is to be used to help young people articulate their thoughts, feelings, and emotions better by demonstrating that emotions go far and beyond just "happy," "sad" and "angry".

We would suggest that class teachers or other members of staff use this glossary as a way to guide and help pupils who may come to them with a problem or if they're feeling low to help them better verbalise how they feel.

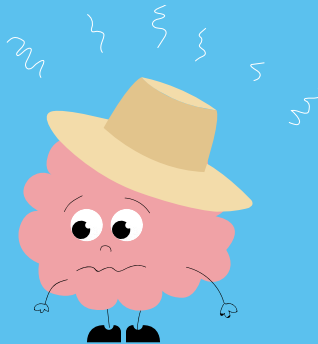
This glossary may also be handed out to pupils or photocopied to let them read and understand it in their own time, allowing them to digest the information and feel more confident in understanding their emotion and how those around them might feel.

Angry

This might feel like you have a volcano in your tummy! You might start taking fast, little breaths, feel shaky, or even feel like crying. This is just your body's way of letting the jumpy feeling out! It's okay to feel angry, but it's important not to hurt others. Try taking deep, calming breaths, walking away from the thing that is making you angry, or make use of your energy to do things like dancing or star jumps.

Anxious

Have you ever felt like you have butterflies in your stomach? When we feel anxious, or worry about things, our heart might beat a little faster, or we start to sweat. This is to prevent us getting into danger - but sometimes our body gets mixed up and we feel anxious about things that might be fun, like a sleepover! Always speak to someone if you feel anxious, because they can help you complete the thing you felt anxious about. You'll feel proud and realise that it wasn't that bad after all!

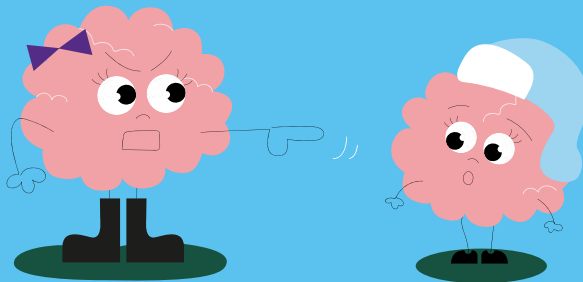


Belonging

Everyone likes to feel like they belong, whether it's in a group of friends, or as part of your class. Maybe you have a special classroom helper job or a name tag on your desk that makes you feel like you belong! If you feel a bit lost or alone in the playground, for example, then try asking your classmates if you can join in on their game - it's nice to play with others!

Blame

Sometimes, when we do something we're not supposed to, we might blame someone else for what we did. This might be to avoid being told off - but it's unfair to let someone else take the blame when they didn't do anything! If you ever feel like you might get blamed for something, explain the truth to the person who is blaming you. This will let them explain what you did wrong so you don't do it again, or realise that you aren't the one to blame if it was a mistake!



Curious

Being curious is a great thing, and might make you feel like a detective! Maybe you like to explore around your garden, or you might love dinosaurs and want to learn everything about them. Try asking your teacher or parents if there are books they can give you on your favourite topic!

Sometimes, we might feel curious about other people, and ask them lots of questions. Just make sure you're polite when speaking to them, and if they tell you that they don't want to answer, that's okay! It's important to not make anyone feel uncomfortable, and to listen to what they say.

Disappointed

Sometimes we don't get what we want, and that can cause us to feel disappointed. For example, you might have been promised a bike ride, but it started raining and you had to stay inside. Life is full of unexpected things, but we can make them into a positive. Understanding why you can't do something is the most important part, so ask an adult to explain it to you if you're unsure. Disappointment doesn't last for very long if you find another fun activity to do instead!

Disgust

This is when we feel yucky, or really don't like something! Everyone feels disgust at different things, like broccoli or slugs. Although we may feel disgust at things that don't seem natural to us, it can hurt people's feelings if we feel disgusted at things that they love, such as a meal that you've never seen before!

Embarrassment

Everyone feels embarrassed at times, whether it's because they called their teacher 'mum' or tripped in front of their class. The best way to deal with this feeling (when you blush and feel like you want to go invisible) is to laugh! People may laugh with you, but soon they'll forget about what happened, even if your brain keeps reminding you of it. That's natural, so just remind yourself that no one else will remember that situation in a couple days.

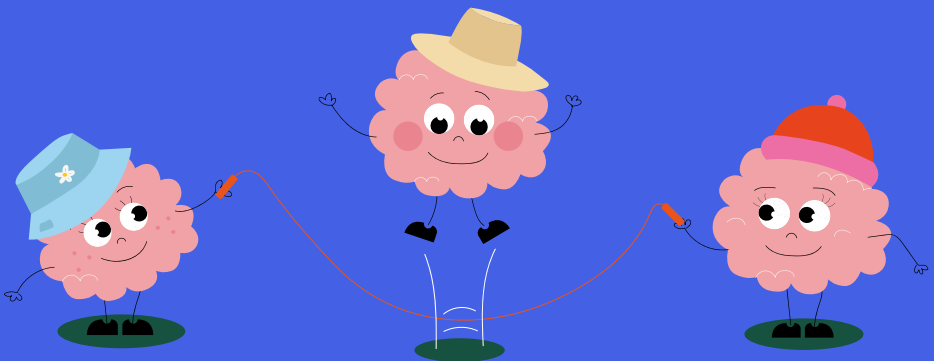


Empathy

This is a shared emotion! For example, you might feel sad with your friend because he didn't make the football team (even though you don't like football), and this is called empathy – sharing another person's feeling! This is a really nice thing to do, because it will help your friend feel comforted and make your friendship stronger.

Excited

When you really, really look forward to something, this is called excitement! You might feel this right before lunchtime, when you get to go outside and play with your friends, or if it's the night before going on holiday and you can't sleep because of how excited you are. Excitement is a happy feeling, but it may be easy to get carried away and start acting a bit crazy - remember to take deep breaths to calm down if you feel a tiny bit too excited – this will be more fun for you and the people around you!



Frustrated

Sometimes, even when we try really hard, we might not be able to do something, like trying to build a tower of bricks... but then they all fall down when we're almost done. This makes us feel frustrated, which can lead to anger. If you feel yourself getting frustrated, count to ten and then try again. Being calm will help you finish your task a lot easier!

Gratitude

Saying 'thank you' is a form of gratitude, but you can act grateful in other ways too! Maybe you made a big list of things that you wanted for a special occasion, but you only got some of them. Feeling gratitude is feeling happy that you received the things that you got, even if you didn't get everything that you wanted.

Grief

When a pet, or someone that we love dies, it's normal to feel lots of emotions. We might feel angry, or helpless, or just really sad. Grief is the word we use to talk about all these feelings together. Your close friends and family will help you during this time, and probably share your feelings of grief. Talk to them about it, and remember that you won't feel sad forever - and that the person you feel grief about losing would want you to be happy again.

Guilt

This is a feeling that isn't fun to experience, but is very helpful. For example, if you blame a sibling for breaking a glass when it was actually you, and they get in trouble, you feel guilty.

They didn't deserve to be punished, and your feeling of guilt will hopefully cause you to tell the truth and make things better. Guilt shows that you care, and it can help you do the right thing - like owning up to your mistakes.

Happy

Feeling happy is great! When you're having a good time, and you're laughing and smiling, you feel happy! Always try to do things that make you happy, and share this feeling too - if you see someone in the playground on their own, while you feel happy playing with your friends, invite them to play with you too - you'll feel even happier seeing them smile.

Jealous

This is a feeling that you may get when someone has something that you don't - something that you really want. Maybe a friend got a new toy that you want, and this could make you feel angry or sad that you don't have it too! While jealousy is normal, it shouldn't last for very long, and it's important to remember to be grateful for the things that you do have.

Lonely

We get this feeling when we are on our own – sometimes our friends can't play with us, or you don't know any of the people around you. Being lonely can be avoided by doing a fun activity by yourself, or being brave and speaking to a new classmate.

Love

You feel this when you care about someone – maybe they make you feel warm inside, or you really miss them when you're not with them. There's lots of people who love you, and they might show this to you in lots of different ways – maybe when your mum makes you your favourite snack, or your brother gives you a big hug, or even when your dog gets excited to see you! Try showing your friends that you love them, because it will make them feel very happy.



Overwhelmed

When you feel lots of emotions at once, they can act like a snowball rolling down a hill, getting bigger and bigger until you feel frozen and can't do anything. The best thing to do when there's lots of feelings inside you is to tell an adult that you feel overwhelmed, and they can help you sort through your feelings one by one. Taking deep breaths also helps, to calm yourself down!

Regret

When you do something bad, and later on wish you could go back in time to change it, you regret doing that thing. You can't change what you've done, but you can apologise for doing the thing that you regret, like shouting too loudly for example, and learn not to do it again. If people see that you truly regret what you did, they will understand and be a lot nicer to you.

Sad

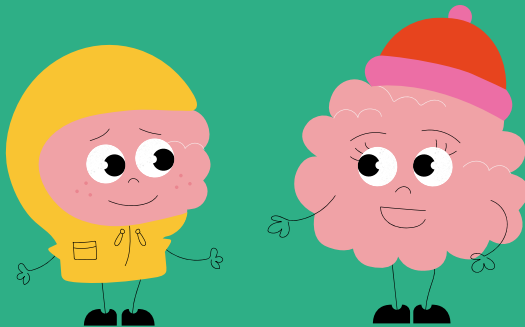
An easy way to think about sadness is when you feel the opposite of happy. Maybe your heart feels heavy, or you start crying, or you just don't feel good. You can feel sad about anything, and that's okay! Try to think of things that make you feel happy, and do them when you feel sad – talk to your friends or family, imagine your favourite memory, or hug your favourite toy.

Scared

Everyone is scared of something. Having a sense of fear is important to protect us from dangerous things, but if you feel scared about anything then make sure to tell an adult – they’ll be able to explain your fear to you and help you get through it. Feeling scared might make your heart beat faster, for example, but the best thing you can do to calm down is to take deep breaths and remember that you can face whatever you’re scared of – and then feel super proud of yourself!

Trust

When you trust someone, you believe that they are telling the truth. For example, when you sit down in a chair, you trust that the chair isn’t going to break – it is always going to do its job. This is the same as when you trust your friend to take good care of a toy you let them borrow. You feel safe around people you trust, but be careful with who you trust – make sure it’s someone you know well, like your family or your teacher!





This booklet has been created and produced with sustainable methods.



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