



Emotions Conversation Starter

Emotional Literacy Printable

Teach your family about emotional literacy.

This technique is outlined in the book, "UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World," by Dr. Michele Borba. Dr. Borba takes a deep dive into the study of empathy and concludes that empathetic children are:

happier, smarter, and more resilient.

ALL of these are reasons to try building emotional literacy at home!

Kids have to "name it to tame it" when it comes to understanding their emotions, says Dr. Dan Siegel, founding co-director of the Mindful Awareness Research Center at UCLA.

Directions:

1. Print & cut the following list of emotions & definition cards.
2. Put them in a basket.
3. At dinner or family time, have each person pull an emotion card and try to identify when they have felt that way.



Angry:
mad; furious



Annoyed:
irritated,
disturbed,
or bothered



Anxious:
full of distress or
worry because of
fear of danger or
misfortune



Awful:
extremely bad
or unpleasant



Betrayed:
to have something
revealed or
exposed
that was private



Bored:
to be weary
by dullness



Brave:
possessing or
exhibiting
courage



Calm:
still or
nearly still



Capable:
having power and
ability; being
competent



Confident:
having strong
belief or full
assurance



Confused:
unclear,
perplexed,
bewildered



Content:
state of peaceful
happiness



Curious:
eager to learn
or know;
inquisitive



Depressed:
sad and gloomy



Disappointed:
wishing things
went differently;
discouraged



Disgusted:
feeling loathing
or nausea



Embarrassed:
make
uncomfortably
self-conscious



Enraged:
extremely angry



Excited:
stirred
emotionally



Fearful:
causing or apt
to cause fear



Frustrated:
feeling
discouragement,
anger, or annoyance
because of an
unresolved or unmet
need



Gloomy:
dark or dim,
pessimistic,
or without hope



Guilty:
feeling bad
about doing
something wrong



Happy:
delighted,
pleased, or glad



Hurt:
injury or pain
you feel from
someone's choice
or action



Ignored:
to not be noticed
or recognized



Impatient:
not patient, not
accepting delay,
not wanting to
wait



Insecure:
subject to fears
and doubts



Jealous:
feeling resentment
against someone
because of a
perceived
advantage



Joyful:
to have great
happiness



Lonely:
sadness being by
yourself; feeling
like no one
understands you



Loving:
affectionate



Overwhelmed:
overcome by
force or numbers;
having too much
on one's plate



Panicked:
sudden,
overpowering
fright



Peaceful:
untroubled by
conflict; calm



Proud:
to feel pleased by
something done
or accomplished



Relaxed:
comfortable or
at ease



Relieved:
release of
something
distressing or
bothersome



Sad:
to be unhappy



Scared:
a state of fear,
fright or panic



Sensitive:
easily hurt
or damaged,
delicate



Serious:
thoughtful or
subdued in
appearance
or manner



Shy:
timid or hesitant;
wanting to
avoid people



Stressed:
feeling very
worried or
anxious



Tense:
nervous tension;
tight



Troubled:
concerned,
worried



Uncomfortable:
discomfort,
or uneasiness



Worried:
troubled or
concerned

