



Emotional Vocabulary Tool

Helping Kids Name What They Feel—So They Can Handle What They Feel

Purpose

To help children ages 6–12 expand their emotional vocabulary beyond “mad,” “sad,” and “fine,” and give them the words to express complex feelings with confidence and clarity.

What to Include

Emotion Word Bank

Organize by categories like:

- Happy: joyful, proud, excited, content, playful
- Sad: disappointed, lonely, hurt, gloomy, heartbroken
- Angry: frustrated, annoyed, jealous, furious, impatient
- Scared: nervous, worried, shy, overwhelmed, startled
- Calm: peaceful, relaxed, focused, safe, okay

Include icons or faces for each word to support visual learners.

“I Feel...” Prompts

- “I feel ___ because ___.”
- “Right now, I’m feeling ___ and I need ___.”
- “When I feel ___, I usually ___.”

Use these in journals, conversation cards, or scroll-style printables.

Interactive Tools

- Emotion Wheel: Spin to pick a feeling and talk about it
- Mood Meter: Color-coded chart to track intensity and type
- Feelings Thermometer: Rate emotions from cool to hot
- Emoji Match Game: Match real-life scenarios to emotion faces
- Draw Your Feeling: Let kids sketch what their emotion looks like

Calm-Down Pairings

For each emotion, suggest a matching strategy:

-  Frustrated → "Take 3 belly breaths"
-  Lonely → "Hug a stuffie or call a friend"
-  Nervous → "Stretch like a starfish"
-  Excited → "Dance it out or write about it"

Visit www.Bumpstobigs.com for more information