

Simple Emotions Chart for Kids: 30 Words (PDF)

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The simple chart: three words in each family. Ask "What am I feeling right now?" and circle one or two words. Kids can color in the families.

30 words: three in each of 10 families. Circle what you feel right now.

Joy

relief · happiness · pride

Calm

relaxation · safety · confidence

Love & connection

trust · gratitude · love

Interest

curiosity · interest · inspiration

Surprise

confusion · surprise · amazement

Sadness

sadness · disappointment · loneliness

Fear & anxiety

worry · anxiety · fear

Anger

irritation · hurt · anger

Disgust

boredom · dislike · disgust

Shame & guilt

embarrassment · guilt · shame

How to use it: "List of Emotions: 100+ Feelings With Meanings" at emoatlas.com/blog/list-of-emotions. For self-reflection only; not a substitute for professional advice.