

My Feelings Word Mat

Learning objective: To identify and describe a range of emotions and understand how to express them healthily.

Key Vocabulary

Use this vocabulary mat to help you describe your emotions. The words are grouped into categories: 'Positive Feelings', 'Challenging Feelings', and 'Describing Intensity'. Use the definitions to help you pick the perfect word when you are writing in your reflection journal or speaking with friends.

If Max the monke...	Explain the differ...	Why is it importa...
Pip the bookwor...	Write a sentence ...	