

2.6.1

Discovering  
Activity



2.6.2

Connecting  
Activity

# Identifying Emotions

## Category 1

happy  
joyful  
content  
pleased  
light-hearted  
radiant  
elated  
exuberant

## Category 2

scared  
desperate  
terrified  
on edge  
startled  
nervous  
uptight  
alarmed

## Category 3

angry  
annoyed  
irritated  
furious  
offended  
questioning

## Category 4

sad  
depressed  
downcast  
gloomy  
dreary  
disappointed

## Category 5

excited  
interested  
thrilled  
animated  
ecstatic  
inspired  
energized  
eager

## Category 6

worried  
uneasy  
concerned  
insecure  
bothered  
anxious  
fretful  
nervous