

2.6.1

**DISCOVERING
ACTIVITY**

Identifying Emotions



Naming Emotions

- **anxious**—nervous, worried, and/or concerned
- **apologetic**—sorry for something
- **bashful**—shy or self-conscious
- **bored**—uninterested in or tired of an idea or activity
- **cautious**—careful or thoughtful
- **determined**—strong-minded and controlled
- **ecstatic**—delighted, extra happy
- **exhausted**—extra tired
- **frightened**—scared or alarmed
- **grieving**—sad about something that has died or left
- **happy**—content, satisfied
- **hurt**—upset or offended by something
- **interested**—curious or attracted to something
- **irritated**—annoyed or aggravated
- **jealous**—feeling bad someone else has something you want
- **pained**—saddened or hurt
- **shocked**—surprised