

▶ Feeling Words

FOCUS

To explore how to succinctly and authentically describe feelings.

LESSON COMPONENTS

Small group activity | Discussion

MATERIALS

- Student handout
Feeling Words

PROCESS

❶ Generate a class discussion based on the following questions:

- In the past week, what has been one of the strongest feelings you have experienced?
- How many synonyms for this feeling can you think of?

❷ Provide students with the handout, **Feeling Words**. Divide the class into pairs or triads. Ask the students to complete the activity as described or assign a different set of questions to explore. Allow time for the small groups of 2-3 to complete the project.

❸ Lead a class discussion based on the questions below or ask each pair or triad to discuss them.

- What feelings were easy to talk about?
- What feelings were hard to talk about?
- Did you notice any commonalities in the stories?
- How did people react to their feelings in their situations?
- Did these reactions produce positive or negative results? Explain
- What are positive ways we can cope with negative feelings?
- What are positive ways we can cope with positive feelings?

Feeling Words

The **Feeling Words** on the following page help people identify a specific feeling they are experiencing or have experienced. Based on a question, participants circle the word or words that best describe their answers. Participants are then given the option to explain their answers more fully. It is also possible to answer the same question based on a time reference of "then" and "now."

Classroom Success

- How do you feel about your academic achievement?
- How do you feel about your attendance?
- How do you feel about your behavior?
- How do you feel about your involvement in class activities?

School Atmosphere

- How do you feel when you go to school?
- How do you feel when you talk to your teachers?
- How do you feel when you talk to your principal?
- How do you feel today about your school compared to when you first started going to this school?

Projects and Activities

- How do you feel overall about the project?
- How do you feel about your role in the project?
- How would you feel if you were asked to work on this type of project again?
- How do you think the teachers feel about the project?
- How do you think the majority of the participating students feel about the project?

Family

- How do you feel when you are at home?
- How do you feel about your family responsibilities?
- How do you feel about the level of your family support?
- How do you feel about your family time?

Peers

- How do you feel about your time spent outside of school with your friends?
- How do you feel about your time spent in school with your friends?
- How do you feel about your relationships with students you don't know really well?
- How do you feel about the relationships you have developed in leadership class?

Future Plans

- How do you feel when you start to think about your future plans after high school?
- How do you feel about your chances to enroll in your top post-secondary education institutions?
- How do you feel when you think about your ability to afford post-secondary education?
- How do you feel when you think about what your parents expect regarding your post-secondary education and what you want to do?

Use of Time

- How do you feel when you think about how you use your free time?
- How do you feel when you think about juggling all of your different time commitments?
- How do you feel about your use of time spent on school and furthering your education?
- How do you feel about the time spent on projects from leadership class?
- How do you feel about time spent in service to others?

Feeling Words (continued)

Circle, underline or highlight **Feeling Words** for the topic you are working on. Use this exercise in the future as you work to explore feelings and improve your ability to articulate how you are feeling in different settings.

Feelings we experience when our needs are being met:

Accepted, Accountable, Acknowledged, Affectionate, Amazed, Amused, Appreciative, Blissful, Bold, Calm, Centered, Clear headed, Comfortable, Compassionate, Confident, Connected, Considered, Content, Creative, Curious, Daring, Delighted, Dignified, Ecstatic, Elated, Empowered, Encouraged, Energetic, Engaged, Enthralled, Enthusiastic, Exuberant, Fascinated, Fiery, Friendly, Fulfilled, Funny, Giddy, Glad, Grateful, Happy, Healthy, Honored, Hopeful, Interested, Inspired, Intrigued, Invigorated, Involved, Joyful, Jubilant, Kind, Loved, Mellow, Mesmerized, Moved, New, Open hearted, Optimistic, Orderly, Passionate, Peaceful, Powerful, Proud, Qualified, Quiet, Radiant, Ready, Refreshed, Rejuvenated, Relaxed, Renewed, Respected, Responsible, Rested, Restored, Safe, Secure, Serene, Strong, Surprised, Sympathetic, Tender, Tickled, Thankful, Thrilled, Trusting, Trustworthy, Unified, Vibrant, Warm, Welcomed.

Feelings we experience when our needs are not being met:

Afraid, Agitated, Aggravated, Alarmed, Alienated, Angry, Animosity, Annoyed, Apathetic, Appalled, Apprehensive, Artificial, Ashamed, Bitter, Blamed, Bored, Cheated, Cold, Concerned, Contempt, Cranky, Depressed, Despair, Detached, Devastated, Disappointed, Discombobulated, Disconnected, Disconcerted, Discouraged, Disgruntled, Disheartened, Distant, Distracted, Distraught, Distressed, Disturbed, Disgusted, Doubtful, Dread, Edgy, Embarrassed, Enraged, Exasperated, Fake, Fidgety, Flustered, Foreboding, Forlorn, Frantic, Frazzled, Frightened, Frustrated, Furious, Gloomy, Grief, Guilty, Heartbroken, Heavy hearted, Hopeless, Hurt, Incensed, Indifferent, Indignant, Impatient, Irate, Irked, Irritable, Irritated, Jealous, Jittery, Livid, Lonely, Nervous, Numb, Malicious, Melancholy, Miserable, Mistrustful, Mortified, Outraged, Overwhelmed, Panicked, Petrified, Pitiful, Rattled, Regretful, Remorseful, Resentful, Removed, Restless, Ripped-Off, Sad, Scared, Shocked, Shy, Small, Startled, Suspicious, Tainted, Tense, Terrified, Timid, Troubled, Turbulent, Turmoil, Uncomfortable, Uneasy, Unhappy, Uninterested, Unsettled, Upset, Violated, Wary, Weathered, Withdrawn, Worried.