

My Feelings Word Bank

60 words to help children name what's in their heart

Fiddleswerth knows that every feeling has a name. When we can name our feelings, they become less scary and easier to share. Use this word bank during storytime, at bedtime, or any time your child needs words for what's happening inside.

Happy Feelings

• Joyful	• Excited
• Grateful	• Cheerful
• Content	• Delighted
• Playful	• Hopeful
• Loved	• Safe

Sad Feelings

• Lonely	• Disappointed
• Hurt	• Left out
• Heartbroken	• Gloomy
• Worried	• Unhappy
• Miss someone	• Tearful

Scared Feelings

• Nervous	• Anxious
• Timid	• Startled
• Uneasy	• Dread
• Panicked	• Frozen
• Trembling	• Careful

Mad Feelings

• Frustrated	• Annoyed
• Furious	• Unfair
• Grumpy	• Jealous
• Resentful	• Bothered
• Stubborn	• Explosive

Proud Feelings

<ul style="list-style-type: none">• Confident• Brave	<ul style="list-style-type: none">• Accomplished• Strong
<ul style="list-style-type: none">• Capable• Triumphant	<ul style="list-style-type: none">• Determined• Worthy
<ul style="list-style-type: none">• Powerful	<ul style="list-style-type: none">• Shining

Confused Feelings

<ul style="list-style-type: none">• Puzzled	<ul style="list-style-type: none">• Unsure
<ul style="list-style-type: none">• Mixed up• Lost	<ul style="list-style-type: none">• Curious• Uncertain
<ul style="list-style-type: none">• Wondering• Surprised	<ul style="list-style-type: none">• Foggy• In-between

Explore the full Fiddleswerth series at [Fiddleswerth.com](https://www.fiddleswerth.com) □