

Appendix of suggestions to develop Emotional Language August 2019

| Year 3/4 Suggestions  |  |  |
|---|--|--|
| Happy   | Upset in some way  | Sad  |
| Cheerful<br>Calm<br>Confident<br>Delighted<br>Eager<br>Relaxed<br>Enthusiastic<br>Glad<br>Pleased<br>Excited  | Cross<br>Annoyed<br>Worried<br>Embarrassed<br>Jealous<br>Hurt<br>Impatient<br>Nervous<br>Confused  | Lonely<br>Scared<br>Miserable<br>Distressed<br>Gloomy<br>Afraid<br>Unhappy<br>Dismal   |
| Year 5/6 Suggestions  |  |  |
| Happy   | Upset in some way  | Sad  |
| Composed<br>Animated<br>Restored<br>Energised<br>Upbeat<br>Refreshed<br>Thankful<br>Comfortable<br>Content<br>Interested<br>Exhilarated<br>Inspired<br>Involved | Agitated<br>Sensitive<br>Restless<br>Puzzled<br>Panicky<br>Irritated<br>Irate<br>Distressed<br>Rejected<br>Furious<br>Overlooked<br>Irrelevant<br>Apprehensive | Disheartened<br>Dejected<br>Broken-hearted<br>Forlorn<br>Mopey<br>Morose<br>Listless<br>Dismayed<br>Discouraged<br>Overwhelmed<br>Despondent |