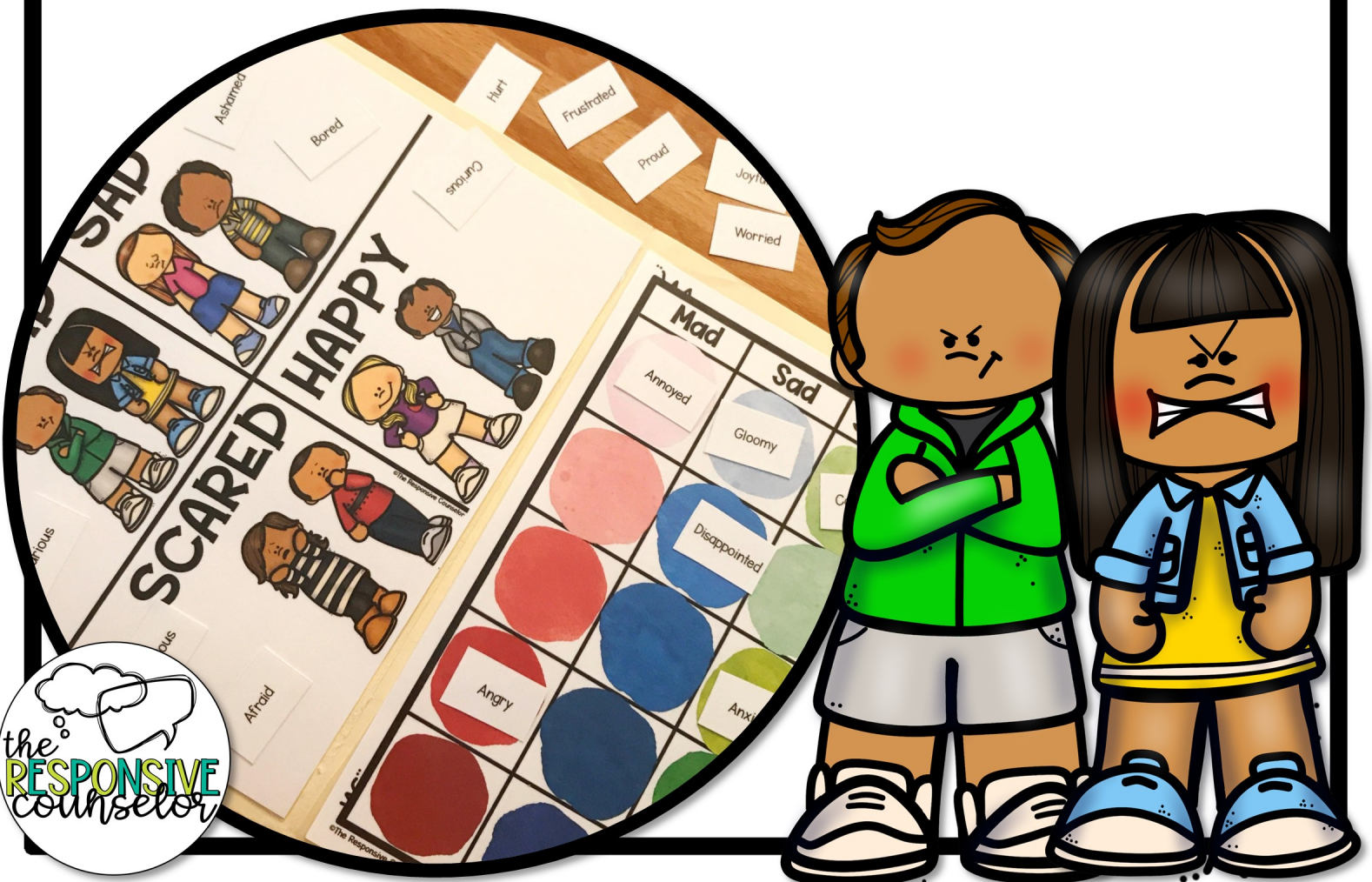


# Feelings Families

DIFFERENT FEELINGS WORDS CAN  
MEAN SIMILAR THINGS...  
HOW ARE THEY RELATED?



# NOTES FOR THE COUNSELOR:

Help students expand their emotional vocabulary and understand how different feelings are related. If you're working with an individual or small group, you can help extend their understanding by ordering the feelings in each "family" from smallest to biggest.

One way to use it is as a "file folder" activity (see the next page for pictures of how to assemble).

No-prep coloring worksheet also included, as is a no-prep foldable. Print this double-sided/duplex "long side to long side".



# Feeling Families?

DIFFERENT FEELINGS WORDS  
CAN MEAN SIMILAR THINGS —  
HOW ARE THEY RELATED?



©The Responsive Counselor

Frustrated

Proud

**SAD**



Ashamed

Bored

Curious

**HAPPY**



**MAD**



Jedalous

Furious

**SCARED**



Nervous

Afraid

©The Responsive Counselor

**Mad**

**Sad**

**Scared**

**Happy**

Annoyed

Gloomy

Confused

Disappointed

Anxious

Grateful

Angry

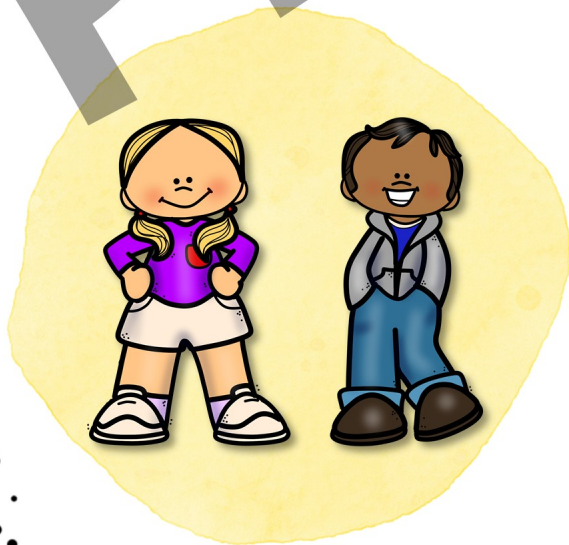
Excited

©The Responsive Counselor



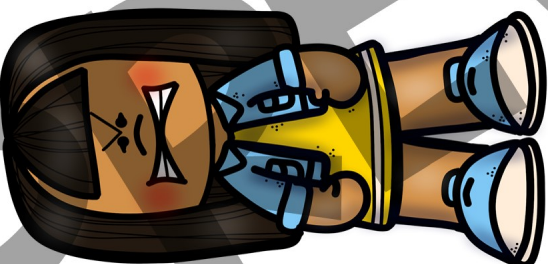
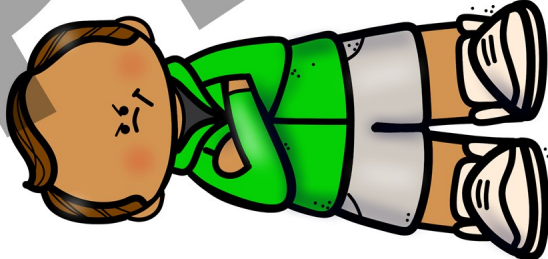
# Feeling Families

DIFFERENT FEELINGS WORDS CAN  
MEAN SIMILAR THINGS...  
HOW ARE THEY RELATED?

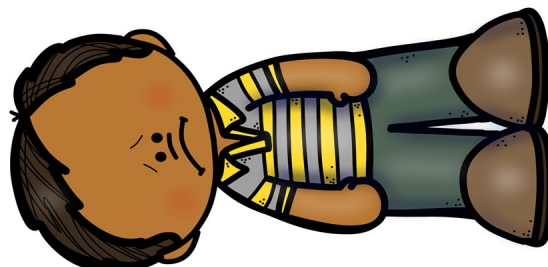
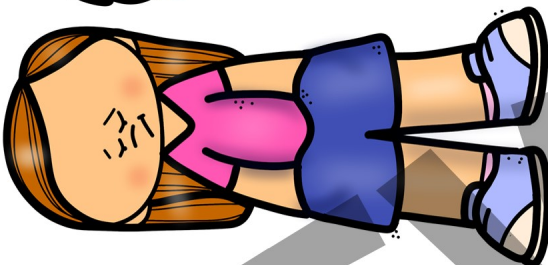




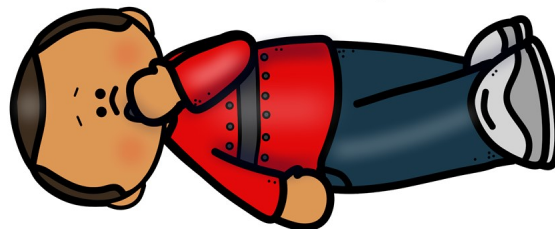
# MAD



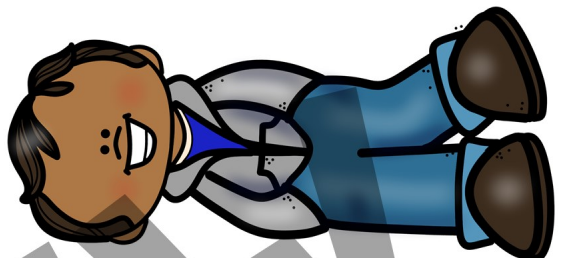
# SAD



# SCARED



# HAPPY



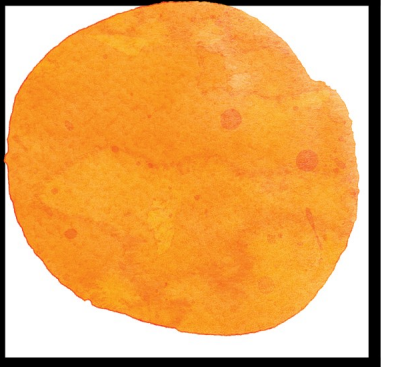
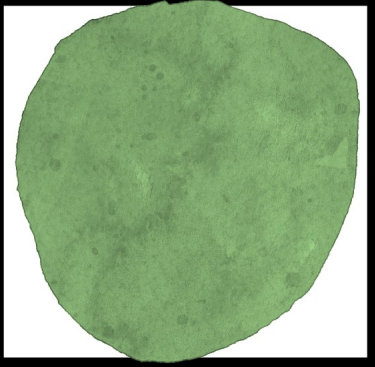
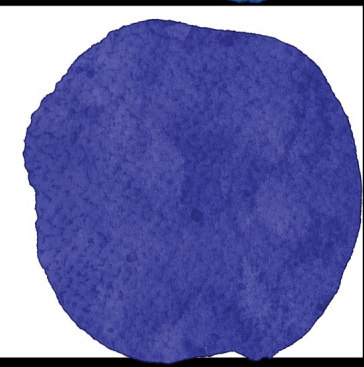
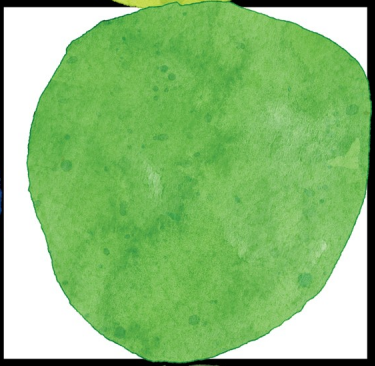
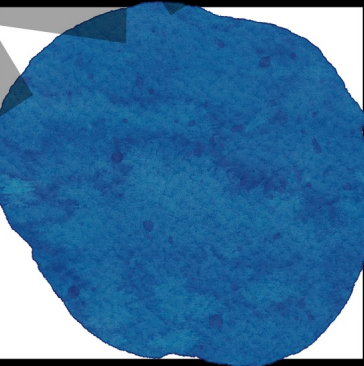
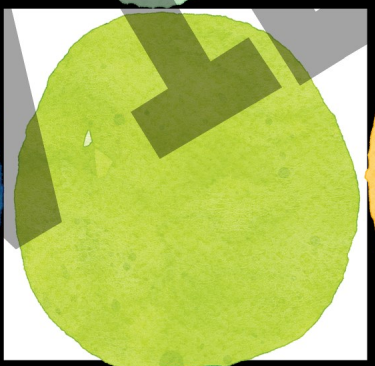
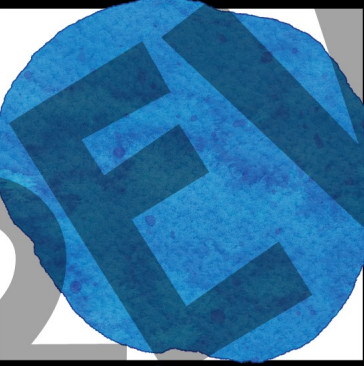
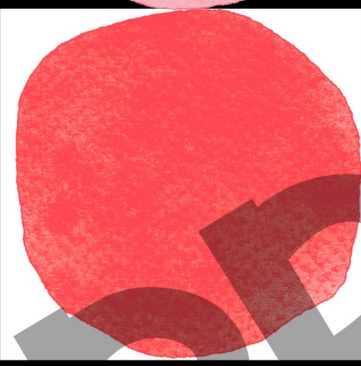
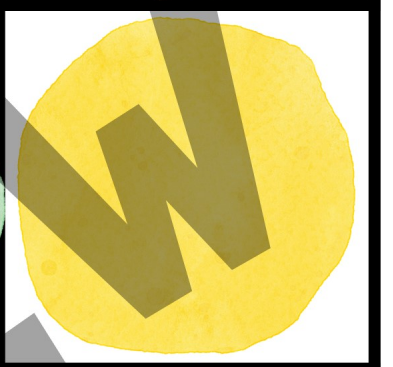
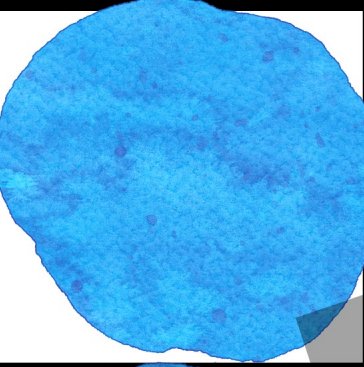
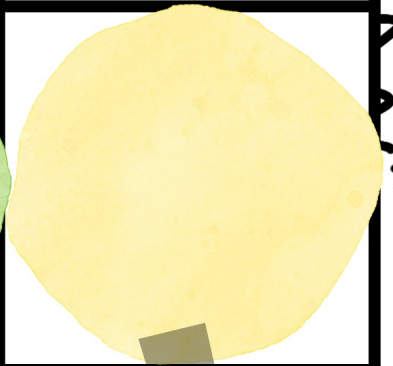
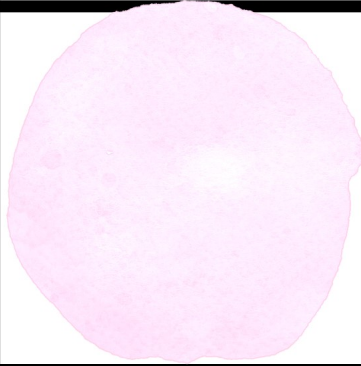


**Mad**

**Sad**

**Scared**

**Happy**









Frustrated	Angry	Annoyed	Furious
Worried	Nervous	Anxious	Afraid
Disappointed	Hurt	Ashamed	Gloomy
Proud	Grateful	Joyful	Excited
Bored	Confused	Jealous	Curious

PREVIEW

# Feelings Families

Name: \_\_\_\_\_

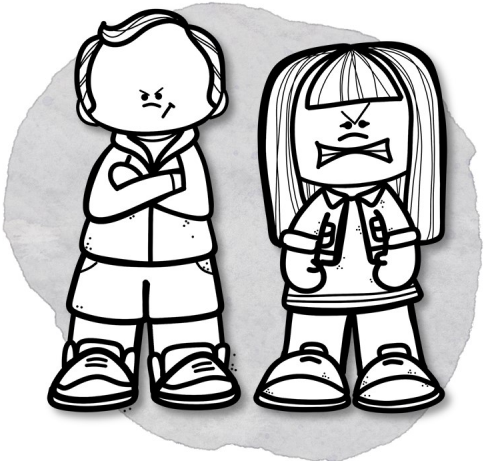
Pick one color for each feelings family and color in the rectangles below.  
Use these colors to color in the feelings words that go with each family.

Mad	Sad	Scared	Happy
			

Frustrated	Ashamed	Annoyed	Joyful
Grateful	Nervous	Anxious	Afraid
Curious	Hurt	Angry	Gloomy
Proud	Worried	Furious	Excited
Bored	Confused	Jealous	Disappointed



**MAD**



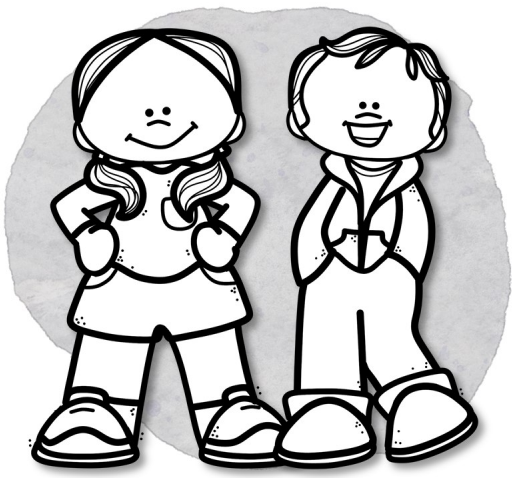
**SAD**



**SCARED**



**HAPPY**



*When do you have these feelings in the*

**FEELINGS FAMILY?**

Name: \_\_\_\_\_

I feel **ANNOYED** when...

I feel **FURIOUS** when...

---

I feel **GLOOMY** when...

I feel **HURT** when...

---

I feel **NERVOUS** when...

I feel **AFRAID** when...

---

I feel **PLEASED** when...

I feel **JOYFUL** when...



**BLACKLINE PAGES ALSO  
INCLUDED**

# the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective* and *engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

## Education

B.A. from Michigan State University  
Psychology and Anthropology

M.S. from Vanderbilt University  
Community, Research, and Action

M.Ed. From Vanderbilt University  
Human Development Counseling:  
School Counseling and  
Clinical Mental Health

## Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's  
Connect:

