

# the Emotional Alphabet

Soar  
with  
Wings

How do you feel?

A	ANGRY	B	BORED	C	CALM	D	DISGUSTED
E	EXHAUSTED	F	FRIGHTENED	G	GLAD	H	HAPPY
I	IMPATIENT	J	JEALOUS	K	KEEN	L	LONELY
M	MAD	N	NERVOUS	O	OVERWHELMED	P	PROUD
Q	QUIZZICAL	R	RELAXED	S	SILLY	T	THANKFUL
U	UPSET	V	VICTORIOUS	W	WORRIED	X	EXCITED
Y	YUCKY	Z	ZEALOUS				

How many more emotions can you think of for each letter?