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List of feelings for kids

Sentiments help children describe what is happening in their thoughts and bodies. You can use a list of sentiments for children to help explain emotions to children or to learn different words for different emotions. Emotional student comforted by an empathetic teacher The word happy means pleasure or pleasure. It's what you might feel when you open a Christmas present that you really wanted, or you can spend the day with your best friend. bubblycheerfulcontenteddelightedecstaticgladjoyfullovedmerrypeacefulpleasedsatisfiedsillyterrificwonderful Feeling powerful means to feel like you have a lot of strength or authority. You can feel powerful when you win a game or you can pick up your dog. ambitious self-confidence, which is sure that it is certain that you are sure that you will be able to do things. You can feel the pressure to learn something really cool or redesign your room. creative focus on inspiration, which strengthens negative emotions, are the ones that make you feel that you are not feeling so well or not very useful. Everyone experiences these emotions, you can't avoid them, but you can get to know them and let them go. Somehow feeling sad about it means being unhappy about it in a way that makes you feel more down than frustrated or angry. You can be sad if you need to move to a new city or if your pet dies. blueexpresseddisappointeddowngloomyheartbrokenhopelessmiserableunhappyupset If you feel angry, you are very unhappy about something and it can make you scream. You may feel angry when your brother breaks your favorite toy or your mother makes you turn off your video game before the end of the level. angryannoyedcrabbyenragedfrustratedfuriousgrouchygrumpyinfuriatedIrritated If you are confused, you do not understand anything or cannot think clearly. You may be confused about a new math problem or why your friend is mean to you. doubtful decision-making in mixed-upper lexes has many other sentiments that could better describe the emotion you have. fearashamedboredcaringcuriousembarrassedguiltyjealousquietcaresdry This face-free words are six different categories of common feelings for children. There is also a list of other feelings that may not fit into these categories. Click on the picture in the list to download and print it using this handy guide for troubleshooting. View and download PDF It is important that children describe and express emotions or feelings with words so that friends and adults can help them cope with these feelings. Which word best describes how you feel right now? M.S. Counselor Education Sometimes you just need a long list of emotions. This printout is just that. The 57 emotions listed in this worksheet range from simple (e.g. happiness, sadness) to advanced ones (e.g. inadequate, contempt). It may be useful if one of these worksheets is convenient if cooperation with customers who have difficulty verbally changing their feelings. Let them choose from the list so that they can better express themselves and teach a new vocabulary in the process. If you want to get creative, this worksheet can also be used for a variety of other purposes. For example, you can ask group members to take a few minutes to circulate around the emotions they've experienced over the past week, and then share their responses. Such an activity is an excellent icebreaker or action to improve emotional literacy. For illustrated emotion activities for children, see the handout of emotions faces and the interactive therapy tool: Emotion Maps: An interactive tool for questions Printable emotion faces on Plutchik's Wheel of Emotions It is a list of emotions (feelings) that people feel. Robert Plutchik's theory of theory of Robert Plutchik defines that the eight main emotions are: fear → fear , frightened, frightened. Anger → anger. The stronger word of anger is rage Sadness → sadness. Other words are sadness, grief (a stronger feeling, for example, when someone is dead) Joy → a happy feeling. Other words are happiness, joy Disgusting → feeling that something is wrong or disgusting. Strong condemnation. Surprise → 'm not ready for anything. Trust → positive emotion; admiration is stronger; acceptance is weaker. The expectation → in the sense that I look forward positively to something that will happen. Anticipation is more neutral Aristotle Rhetoric Another book This theory says that emotions are: Anger, reverse serenity (no excitement) Friendship is a place where people have happy feelings and they come together and have fun Fear, the opposite courage (courage in fear) Shame, the opposite self-confidence (shame: how someone feels their past bad deeds or thoughts; shamelessness : one does not feel ashamed, but others think they should) , the opposite cruelty (kindness: when people are good to other people) Harm (when people feel sorry for other people) Indignation (angry feeling, because nothing is fair, like an undeserved bad fortune) Jealousy, jealousy (pain when people have something one wants for themselves) Love, a strong sense of affection that someone else feels. Darwin's ideas of family, pets, friends, important other or fictional characters in Charles Darwin's Expressions of Emotion in Man and Animals were a pivotal work that is still used as a source. The following list is taken from the titles of the chapters of the book. Suffering and crying Low spirits, anxiety, grief, dejection, despair Joy, high spirits, love, tender feelings, devotion Reflection, meditation, bad mood, sulkiness, fortitude Hatred and anger Contempt, contempt, disgust, guilt, pride, helplessness, patience, confirmation and denial Surprise, amazement, fear, horror Self-esteem, shame, shyness, modesty, used the photos as a larger part of the evidence. Emotions. Darwin decided, were behavioral traits that evolved. He pointed out how the human face is adapted to show many of these emotions: it has muscles of facial movement that are not possible in other mammals. On the other hand, other mammals have ways to show many of their emotions. Ekman has taken this idea a step further by studying how people try to hide their emotions. He filmed a narrative look at the short moments when a real emotion is shown on a person's face. The University of California, Berkeley Academic Study, which uses self-control topics, distinguished between 27 discrete emotions mentioned in the following list: The List of Emotions Facts for Children. Kiddie Encyclopedia. Kids as young as 1 start showing emotion, and whether you understood it or not, that's when you started showing them back. Remember the time you told your little one, Ouchie, and wrinkled when he threw that toy car? It's emotion! We indirectly identify, demonstrate and explain why our toddlers should not behave in a certain way by discussing and showing them the right way, says Jaime Gleicher, LMSW, behavioral therapist at the Harstein Center for Psychological Services in New York. But we often do not take the same time and effort to give such emotional clues to school-age children. If you tell your child to go to his room, if he behaves wrongly, you can't discuss with him why he behaved and how he might feel, he adds. These small gestures can open the door to communication to help your child understand the complexity of emotions. There is no school topic for identifying and explaining emotions, although the creation and upbringing of a child's emotional intelligence and emotional vocabulary should begin at a very young age. In my opinion, this is as important as sorting numbers, letters and colors, says Gleicher. The purpose of feelings is to understand what is happening inside and around us. Feelings give us quick feedback to use based on our past experiences. RELATED: How to help your preschoolers cope with emotions and avoid eruptions But when you're young, you don't have previous experiences to pull from—you react according to how you feel. It is up to the parent or guardian to train children on how to recognize, name, interpret and use their emotions. Then children learn a new language for self-expression, explains Gleicher. This language is one that does not suffocate, push down, repress and then explode, but rather helps them understand why they feel what they feel. The greatest gift you can give your children is the ability to experience, recognize, and cope with emotions—that's their key to endurance later in life, says Gleicher. Instead of trying to define your child's long list of emotions, start with the basics. Here you will find the most common complex emotions of which all other emotions and how to to their children about them. RELATED: Why and how to teach your children mindfulness anger is a strong resentment, discontent or hostility. For children who can be provoked very easily when a playmate grabs his toy, anger comes out, because their fight or flight reaction is triggered. When your child throws tantrums, kicks or does something inappropriate, he reacts to stimuli that made him feel some kind of pain or frustration. Anger may seem irrational, but for a child who has n't yet learned to regulate emotions, it's an immediate natural reaction to some kind of misdemeanor that your child feels, says Jaclyn Shlisky, Psy.D, a licensed clinical psychologist in Long Island, New York. Since you know that your child's behavior (the anger or hostility he shows) comes from somewhere, talk to him as it happens. Identify the feeling: Say: It looks like you're really angry, and imitate angry facial features. It is important not to use specific words as I see the words It looks like or Feels. Gleicher points out that it is important that you do not put precise words into the experience and do not invalidate the feelings of your child when the child is not really crazy, rather sad or anxious. This gives the child the opportunity to improve their parents if that is not the case, says Gleicher. Explain this feeling: Sometimes things don't go the way we want them to, and it makes us feel angry and upset. Then teach your child how they can express themselves when these feelings arise. Have you practiced saying something like this: I really don't like it when you grab a toy from me. Gleicher explains that negative behavior —hitting, screaming or crying when feeling angry — is a underlying emotion that has not yet been regulated or recovered. Meltdown is an emotion that is not understood—your child needs to explain how they feel because they cannot convey it themselves; it's called building your child's emotional vocabulary. They need a word to associate themselves with feeling so they can use their words to express, not react, he says. If your child throws tantrums, kicks or does something inappropriate, Gleicher recommends asking them how they feel in addition to the consequences. This way they understand that anger leads to punching, and when they feel anger, they can express it in another way. The message should always be: you have feelings, that's what they look like, it's an OK feeling and no emotion is ever permanent, he says. (You should also do it on the opposite side of the spectrum, you just scored a goal in football! How are you feeling?) How to make things easier: A good technique to teach children about emotion is to bring it out in others. If you're reading storybooks or watching movies, ask your child how they think a character can feel? Not only does it increase emotional vocabulary, it teaches empathy, putting yourself in the shoes of others, says Gleicher. RELATED: 6 Activities that you can do as a family The feeling of loss, sadness or failure is great for your children. Sadness can happen when your child feels fear or when someone says or does something that feels bad. Sadness can be the feeling you get from someone disappearing (either by death or distance), or you have to go through something painful (as seen arguing with your parents). Sadness can also develop through disappointment, such as the early closure of schools due to the coronavirus pandemic or game day, which cannot happen. Identify the feeling: When your child is sad, they feel not only sadness, but also sadness and behave sadly, says Dr Shlisky. Tears are the most obvious sign that your child is sad, but children can show sadness in other ways, such as anger, isolation and even clinging. By the time they turn 1, babies will become aware that parents can help them regulate their emotions. They cry, and you come running. As they grow out of childhood, toddlers begin to realize that certain emotions are associated with certain situations, says Dr. Shlisky. The danger of sadness and the lack of understanding of the source on which it is based is that sadness can turn into anger and then cause meltdown. Every time your child cries, you try to silence them, you just make a connection to the situation instead of helping them solve the problem. Kids need tools to say, I feel sad because... otherwise, they will learn that their feelings can be silenced, and they will not learn how to name the real causes of their sadness, adds Dr. Shlisky. Explain this feeling: For example, if your child loses an animal with his favorite filling and feels sadness, listen to them, whatever it is, and let them see by their actions that you are there for them when they need additional hugs or snuggles or just need crying. You can also normalize their feelings by sharing a story about how you experienced a similar loss when you were at their age. Be honest about how sad you were and how you cried. Talk about what helped you with your sad feelings. Parents often try to be strong for their children to show them that everything will be fine. However, it may actually be useful for the child to see adults show suitable emotions. You could say Daddy's sad, too. Dr. Shlisky recommends showing that feelings are not something they must try to hide or be ashamed of. How to make things easier: Avoid pitfalls to say use your words when the child is upset, because it is not a reasonable expectation when a small child is still at an early stage to learn how to combine feelings of body and mind with the vocabulary of feelings. I tell a lot of parents to create a diagram of feelings using emoticons that all children love - and use it to teach their children how facial expressions correlate with feelings, says Gleicher. Or, if they can't name the feeling they have, they can point to an expression that corresponds to it. RELATED: How meditation helps my 3-year-old Through difficult situations, children are not afraid, of course, but the feeling of fear comes from anxiety and worry. When young children are afraid, it involves some perception of danger, says Gleicher. Some fears are natural—most children are afraid of strangers, the blind, and the separation from their parents. But carefree days every day are not the norm. Your child could hear something on TV, see something or someone that made them feel uncomfortable, or a real life event scared them like a car accident. Identify the feeling: Since there are fears that we cannot always protect our children, such as a global pandemic, be sure to confirm your child's concern about the situation (It sounds really scary), instead of playing down how they feel, telling them that everything will be fine. Be calm and factual in your childbirth so that your child feels safe, says Dr Shlisky. Explain this feeling: you can express that you have similar feelings (I also feel that way) and ask your child if they want to ask questions about it. And if you don't really know the answer? It is best to say that you will find ways to find out more and get back to them with an answer. Sometimes just letting your child verbally process what is happening in his head helps. Sometimes our children have to tell us things just because they're too heavy to hold on to them themselves, he says. Helping him feel confident that whenever he needs it, there is an open door, and a listening ear can be the comfort he needs. How to make things easier: Since it is more difficult for a toddler to express the root of his fear, telling stories, solving situations or reading books about a particularly frightening situation can help children overcome fears. Experts recommend reading books such as Color Monster and Wemberly Worried to children. The green-eyed monster of jealousy has a chance to get the best out of us, with it appearing to children as early as 3 months, says Francyne Zeltser, Psy.D., a psychologist in New York. It is an emotion that is easy to feel and often express—a mother holds a stranger's child or sibling receives gifts for her birthday—but the concept of jealousy is difficult to explain. Although it is often described as feelings or thoughts about insecurity, fear or concern about the relative lack of ownership or safety, it can also be a feeling of inadequacy, helplessness or resentment. Feelings of jealousy are often rooted in the rejection of the needs of the individual. This can develop from a lack of trust and often leads to a feeling of uncertainty, says Dr Zeltser. Identify the feeling: Jealousy and jealousy are closely related, but with jealousy you want what you never had, and jealousy threatens you to lose something you have, or at least believe you have. Material jealousy is jealousy (I want what it has) and begins at the same age as the age of the toddlers. Toddlers don't think twice about taking the toy they want from a playmate. Fortunately, when the children have gone to school and start social norms, they usually stop doing what they want from their peers , but that doesn't stop them from wanting or longing for the goods that other children have, explains Dr. Zeltser. Try to shift the focus from the material goods and non-monetary riches that your family offers. Perhaps because of your flexible work schedule, you can spend more time with your children. Point to the positives so that you can turn the narrative away from feeling confident. RELATED: 5 Mindfulness and Meditation Apps for Kids Then there is social jealousy, as if your daughter wasn't invited to sleep, which causes insecurity or inadequacy. Some children have an understanding of justice, which creates an internal struggle for them when a situation arises that shows how something can be unfair, says Dr. Zeltser. The first rule of thumb for parents who engage in social jealousy is never to discount their child's feelings. After all, although you may not think that drama over café seats is a problem, it can mean the world to your child. If your child starts pouring beans about what bothers him, be understanding. Try saying: I see how it would make you feel left out. Then solve the problem by offering real recommendations to help your child overcome these jealous feelings, such as arranging a more inclusive overnight stay (even with the girl who left your daughter out) or joining a new club or team at school to build more friendships. There is jealousy with young children, which involves thinking that you will lose or have lost the affection, attention or safety of another person due to someone or something else, including their interest in activities that will take time from you. This can appear in the smallest situations, for example, if your child wants the largest slice of birthday cake at their friend's party. If your child cries, if he sees that he does not get what he wants (he is not a birthday girl), ask him what is going on, what makes him cry (even if you know why). You want your child to talk about his emotions to understand why they arise. You want to validate their emotions and acknowledge them, says Dr. Zeltser. I see you're upset about the cake, and sometimes we don't get what we want: the key is never to start the next sentence with a word but because you indirectly change their feelings. Watch the word instead, and it's normal to want the biggest piece of cake. Today we're going to give this to your friend because it's his birthday. Then shift your focus to something that will make your child happy, as if you were asking your son to tell his friend how much fun he is having. How to make things easier: The biggest mistake parents make is to tell the child: There is no reason to be sad or Stop crying, because it does not contribute to the fact that your child is already sad. You just narrow down their emotions and tell them not to show it, rather, how to deal with it. I.

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