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# The Write Stuff

## A Vocabulary for Feelings

<b>Objectives:</b>	The students will: <ul style="list-style-type: none"><li>—acquaint themselves with a variety of feelings words and their meanings.</li><li>—demonstrate an understanding of new feeling words.</li></ul>
<b>Materials:</b>	one copy of the experience sheet, “So Many Ways to Feel” for each student; writing paper and pencils
<b>Procedure:</b>	<p>Begin by asking the students to help you brainstorm words that describe feelings. Cover the board with these words.</p> <p>Ask volunteers to choose a word from the list and describe a real or hypothetical situation that causes them to feel this way. For example, a student who chooses the word “exasperated,” might explain that having to pick up a younger sister’s dirty clothes makes her feel exasperated.</p> <p>After many students have shared their situations using the words on the board, distribute the experience sheets. Give the students several minutes to look over the words, and then ask volunteers to name those that are unfamiliar. Discuss the meaning of the words with the entire group.</p> <p>Explain to the students that they are going to have an opportunity to practice using words from the list that they have not previously used. Ask the students to choose 5 words from the list, and to use these words in five sentences — one sentence demonstrating a correct meaning and context for each word. Tell the students that they may use any of the following suggestions in creating their sentences:</p> <ol style="list-style-type: none"><li>1. Use a sentence pattern: “I feel/felt (new feeling word) when (something happens/happened).”</li><li>2. If possible, change a word to an adverb by adding <i>ly</i> and use it to describe an action: “I jealously watched as my opponent received the gold medal in the 100 yard dash.”</li><li>3. Use the word in a sentence that tells why someone feels/felt that way: “The miserable woman trudged another five miles through the snow looking for a service station where she could buy gas for her stalled car.”</li></ol>

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When the students have completed their sentences, ask them to form dyads and to read their sentences to their partner. Invite the partners to give each other feedback — for example, which sentence they liked best and why. Then gather the group together and invite volunteers to share a sentence. Finish with a general discussion.

**Discussion Questions:**

- Why is it beneficial to know lots of feeling words?
- What good does it do to have so many words to describe similar feelings?
- Which words on the list have you felt before, without knowing their names? Which words have you known before, without ever experiencing the feeling?

# So Many Ways to Feel

## Experience Sheet

abandoned	depressed	grateful	judgmental	restless
accepted	deprived	gratified	jumpy	restrained
adamant	desperate	greedy	lazy	sad
adequate	destructive	grieving	left out	satisfied
affectionate	determined	groovy	lonely	scared
afraid	different	guilty	loser, like a	screwed up
agonized	diffident	gullible	lovable	settled
alarmed	diminished	gutless	loving	shallow
alienated	disappointed	happy	low	shocked
ambivalent	discontented	hateful	loyal	shy
annoyed	distracted	helpful	manipulated	silly
anxious	distraught	helpless	miserable	sluggish
apathetic	disturbed	high	misunderstood	sorry
appreciated	divided	homesick	needy	spiritual
astounded	dominated	honored	nervous	strained
attractive	dubious	hopeful	nice	stunned
awed	eager	hopeless	odd	stupid
awkward	ecstatic	horrible	opposed	sure
bad	elated	hostile	optimistic	tempted
beaten	electrified	hurt	outraged	tense
beautiful	embarrassed	hysterical	overlooked	threatened
betrayed	empty	ignored	overwhelmed	thwarted
bewildered	enchanted	immobilized	panicked	tired
bitter	energetic	impatient	paranoid	torn
blissful	envious	imposed upon	peaceful	touched
bold	evasive	impressed	persecuted	touchy
bored	exasperated	inadequate	petrified	trapped
brave	excited	incompetent	pleasant	troubled
burdened	exhausted	in control	pleased	unappreciated
comfortable	exhilarated	indecisive	possessive	uncertain
concerned	fawning	independent	preoccupied	uneasy
confident	fearful	infatuated	pressured	unsettled
connected	flustered	inferior	quarrelsome	uptight
cop-out, like a	foolish	infuriated	quiet	used
cowardly	frantic	inhibited	refreshed	violent
creative	free	insecure	rejected	vivacious
curious	friendless	insincere	relaxed	vulnerable
cut off from others	friendly	inspired	relieved	wishy-washy
deceitful	frightened	intimidated	remorseful	wonderful
defeated	frustrated	involved	repulsive	worried
dejected	full	isolated		
delighted	glad	jealous		
dependent	good	joyous		