



ability

Abilities are things you can do well.

Cooking is an ability for someone who can make excellent pies and cakes.



angry

Someone who is **angry** is very mad.

You might feel angry when someone doesn't listen to you.



body language

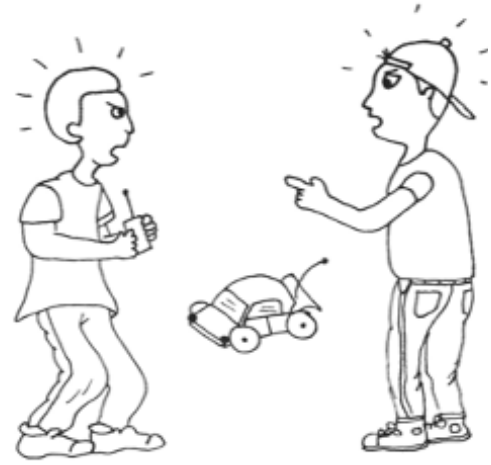
Body language is the way our body looks and shows how we're feeling.
Your body language might show you're sad when you hang your head and droop your shoulders.



appreciate

When you **appreciate** something, you like it because of the good things about it.
You might appreciate your family because they love and care for you.





argue

Argue means to disagree with someone about something and discuss it angrily.
You might argue with your brother or sister about something you both want at the same time.



bother

Bother means something or someone that causes you trouble or annoys (bugs, pests) you.
A mosquito that keeps buzzing around your ear might bother you.





brave

Someone who is **brave** does something difficult, even though they may be afraid.

You might be brave when you try something new and you're not sure you can do it.



bullying

Bullying is when someone is mean to the same person on purpose over and over again.

If someone keeps trying to hurt you, scare you or call you names, that person is bullying you.



challenge



A **challenge** is something you find difficult or hard to do.
If playing soccer is hard for you, doing it is a challenge.



care

When you **care** for someone, you do things to help them feel good or happy.
You care for a friend who is hurt when you try to help him feel better.





comfort

When you **comfort** someone, you say or do something to help them feel better.
You might comfort someone who's crying by handing them a tissue.



choice

A **choice** is when you decide to say or do something.
If you decide to go outside to play, instead of staying inside, you've made a choice.



complain

When you **complain** about something you're not happy about it.

You might complain about doing something you don't want to do, like going to bed at a certain time.



confused



Someone who is **confused** doesn't understand something or doesn't know how they feel about something.

You might be confused if you don't understand the directions given in class.



A **consequence** is what happens because of what you say or do.
When you work hard in class, you might get a consequence you like!



consequence

Someone who's **considerate** thinks about or pays attention to the needs and feelings of others.
When you think about your friends' needs and feelings before you say or do something, you are being considerate.



considerate

control

When someone is in **control**, they can make themselves act calmly, even when they feel angry or upset.

It might help you stay in control if you stop and think about your choices and the consequences.



cooperate

Cooperate is when you work with someone or when you do what someone asks you to do.

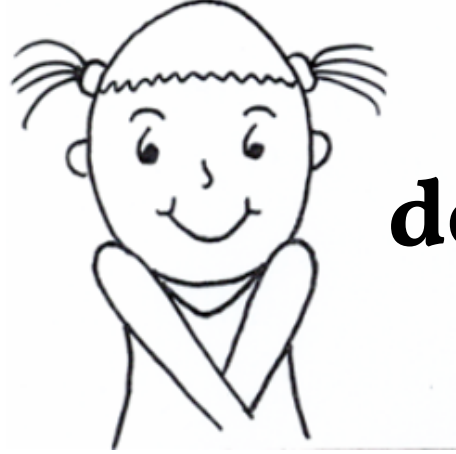
You cooperate when you work together in a group and follow the rules.





decide

Decide is when you choose to do something.
You might decide to finish your homework as soon as you get home from school.



delighted

Someone who is **delighted** is feeling great happiness and is extremely pleased or excited.
You might feel delighted when you get an unexpected surprise.



disappointed



Someone who is **disappointed** is sad because something they wanted has not happened, or something is not as good as they hoped it would be.

You might be disappointed if you can't go to PE one day.



discouraged



Someone who is **discouraged** by someone or something isn't excited about it.

You might be discouraged when you have trouble doing something challenging.



dreadful

When something is **dreadful** it's something you feel terrible about.

You might feel dreadful if you say something you wish you hadn't said.



eager

When you're **eager** to do or have something, you VERY much want to do it.

You might be eager to go on a class field trip.



emotions

Emotions is another word for feelings.
Emotions are how we feel inside.

We all feel different emotions like joy, fear, and excitement.



embarrassed



Someone who is **embarrassed** might feel shy or worried about something.

You might be embarrassed if you fall and someone laughs or makes fun of you.



express

To **express** something means to try and let others know what you're feeling or thinking. When you tell someone you're hurt, you're using words to express that you need help. If you're excited you might express that feeling by jumping up and saying, "Yay!"



excited



Someone who is **excited** is very happy about something. You might feel excited about going on a class fieldtrip.



Someone who is **frustrated** is upset or angry because they want to do something very badly and aren't able to do it.
You might feel frustrated when you're first learning how to tie your shoelaces.



frustrated

Fears are unpleasant feelings of worry that something bad will happen.
When there's a storm, you might fear or be afraid that something bad will happen.



fear