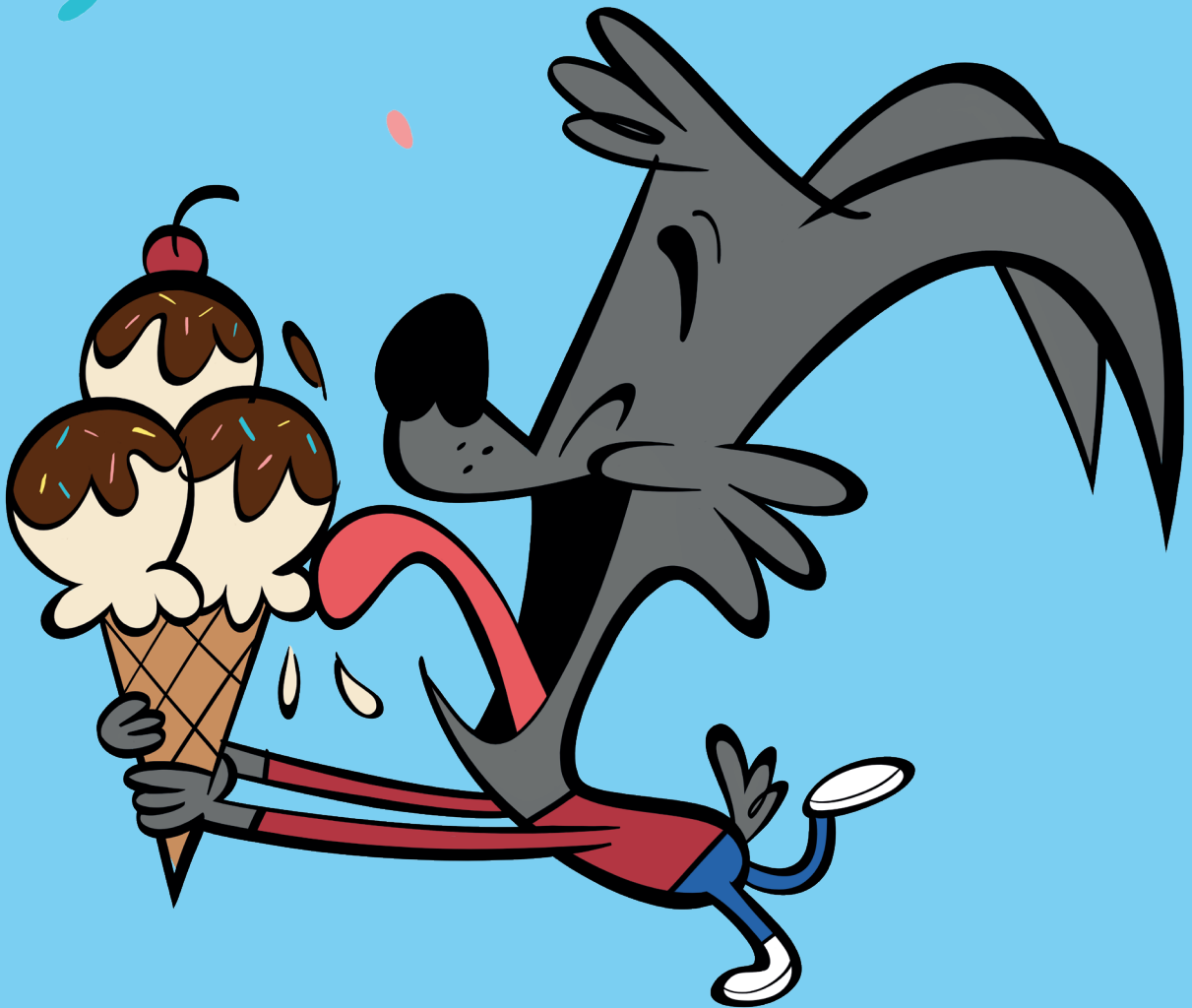


Mrs Wordsmith®

The Flavors of Feelings Handout





How do you feel today?

This handout is full of words and full of feeling. It gives you the vocabulary to express yourself and understand others around you. So whether you're feeling happy or heartbroken, relaxed or regretful, optimistic or overwhelmed – this is the handout for you.

Flavors of Feelings

There are thousands of possible ice cream flavours. You have some basic ones like **vanilla**, **strawberry** and **chocolate**, but why stop there?

As well as **chocolate** ice cream, you can have **chocolate** fudge brownie, mint **chocolate** chip or **chocolate** salted caramel.

Even though all of these are chocolate, they each have their own unique flavour. Chocolate fudge brownie is rich and gooey, mint chocolate chip is cool and refreshing, and chocolate salted caramel is salty and sweet.



Feelings work in the same way. You have some basic ones like **happy**, **sad** and **angry**, but why stop there?

As well as **angry**, you can feel **grumpy**, **frustrated** or **provoked**. Even though these are all angry words, they each have their own unique flavour. **Grumpy** means being in a bad mood, **frustrated** means feeling annoyed that you can't do something, and **provoked** is how you feel when someone is trying to make you angry on purpose.



Having the words to describe your ideal ice cream means you can be sure you'll get given the right flavour.

Having the words to express how you feel helps you and others understand exactly what you're going through.



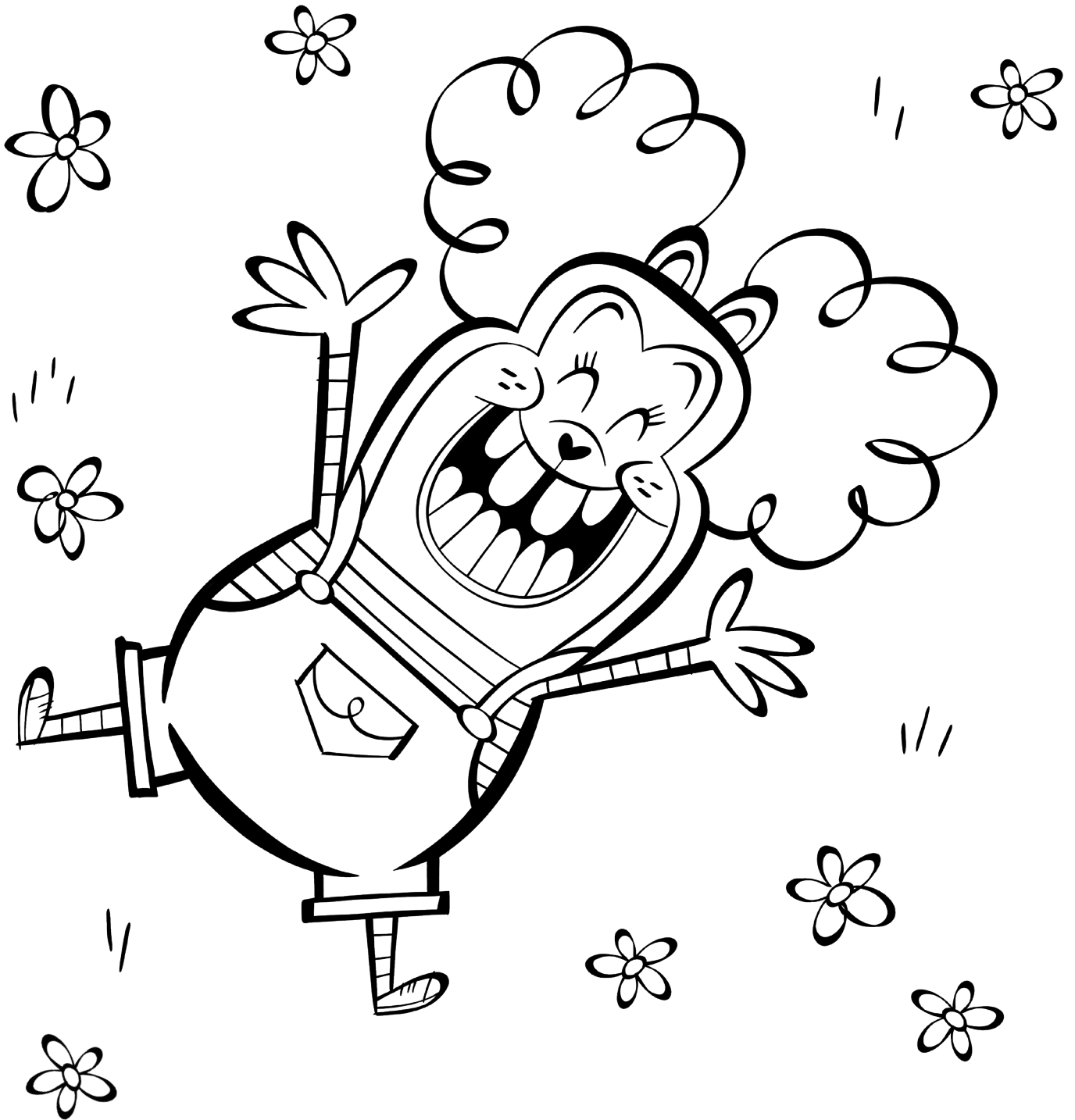
What ice cream do you feel like today?



blissful

feeling completely happy
in every way

Color me in!



What makes you feel blissful?

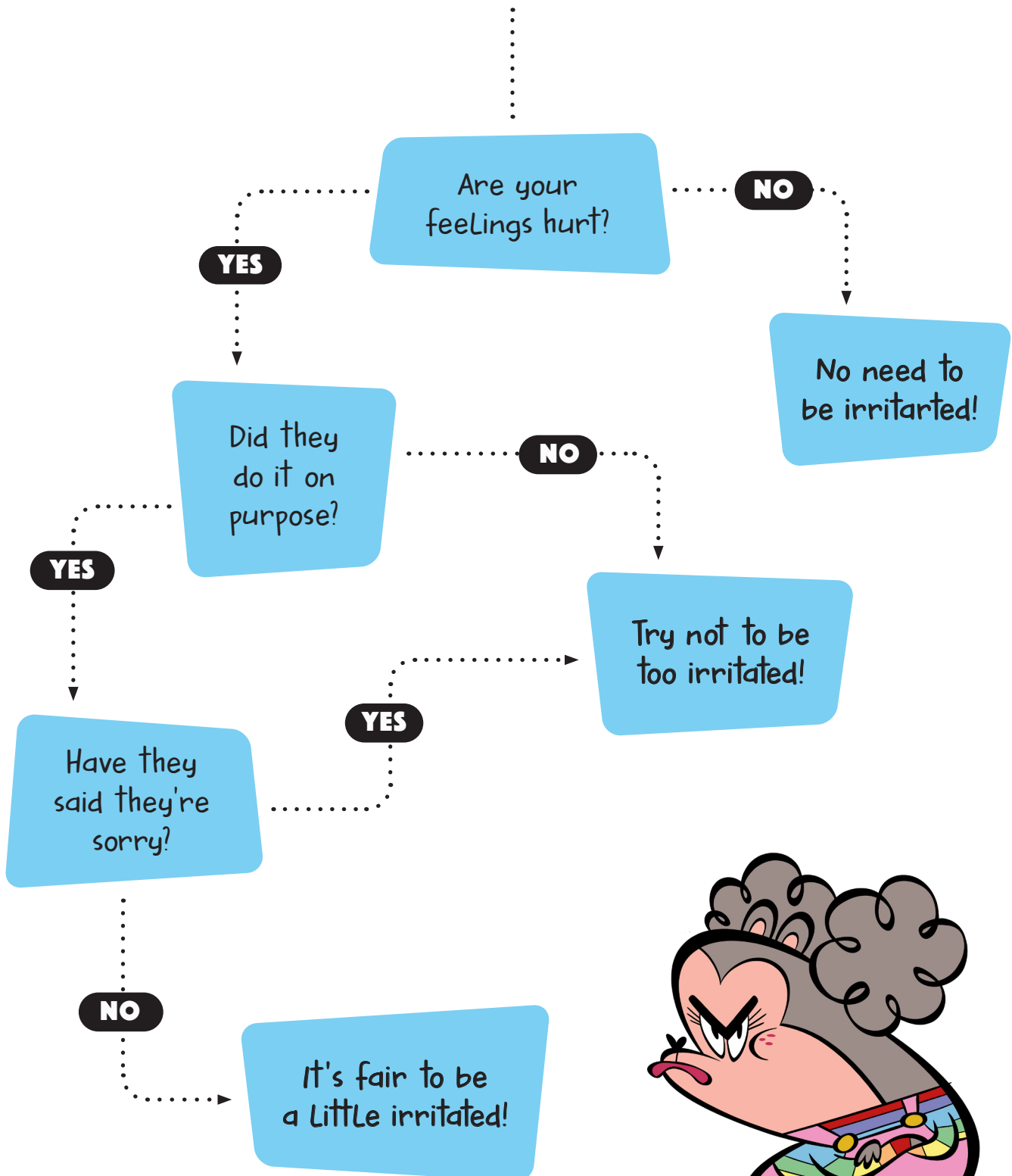


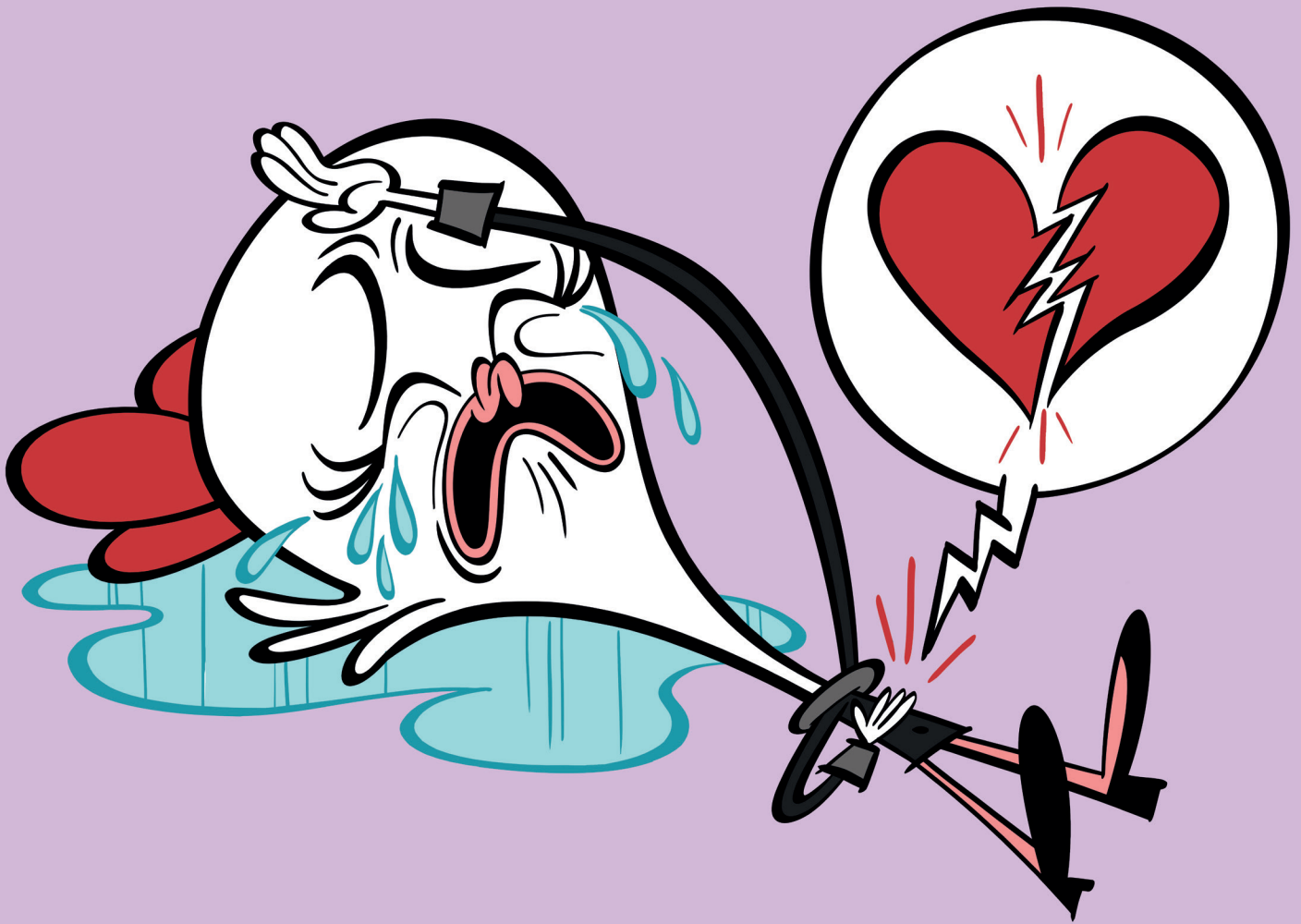
irritated

feeling annoyed
and showing it

Should you be irritated?

Take this quiz to find out!



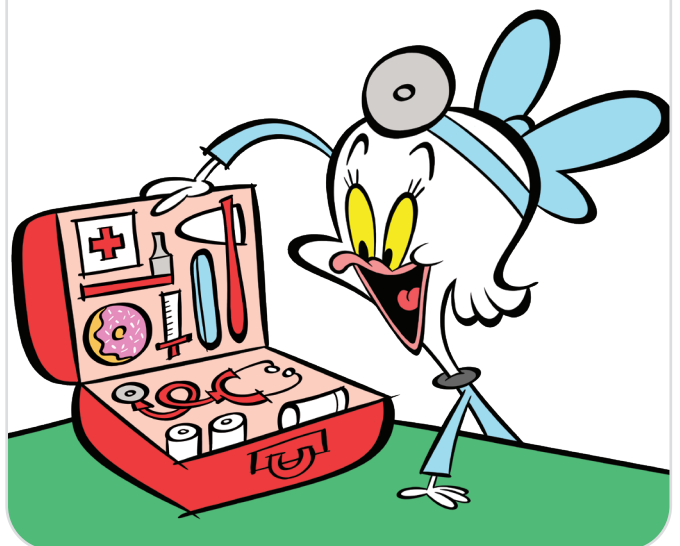
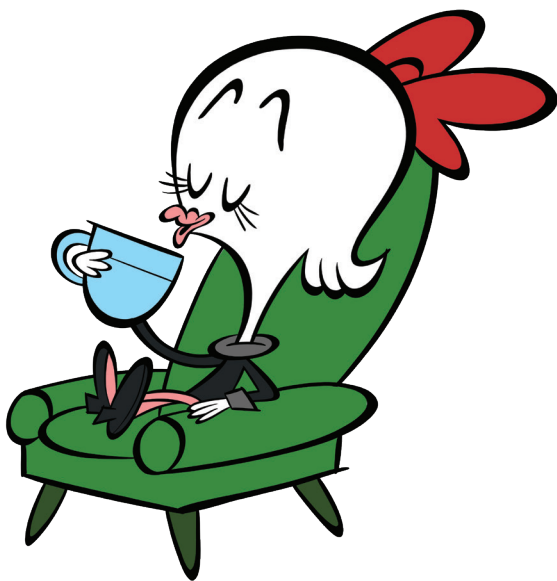


heartbroken

feeling very upset
and sad about something

Who's heartbroken?

Tick the image in which Oz looks the most heartbroken.



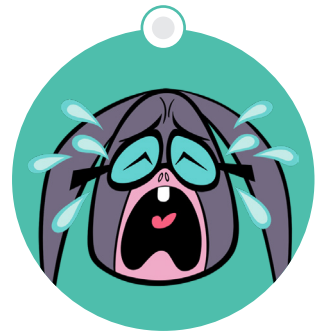
Match the feelings!

Draw lines to match the feeling to the characters.
Each feeling links to more than one character.

blissful

irritated

heartbroken

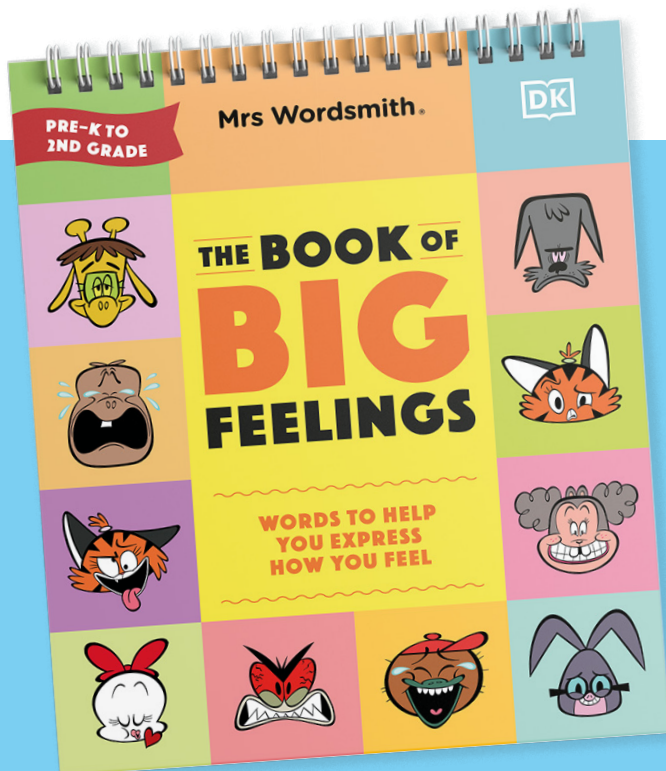


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We've teamed up with DK to bring you new, illustrated, curriculum-based books and workbooks guaranteed to make kids laugh as they learn!

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The Book of Big Feelings!



Feeling cheerful, grumpy, puzzled, mischievous, or silly? Discover a new big feeling every day.

Packed with social and emotional vocabulary, stories, quizzes, and activities to spark conversation.

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