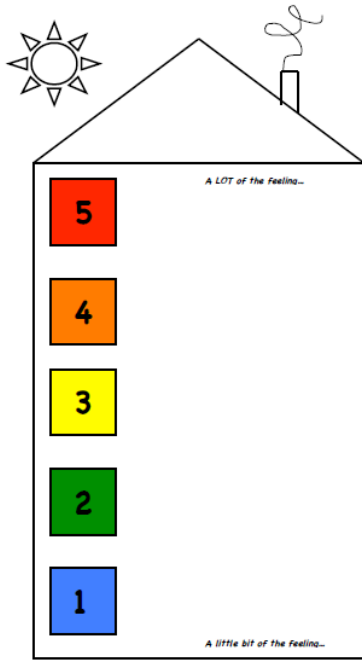


Big and Small Feelings



Jill Kuzma, is a speech-language pathologist who has a wonderful website full of resources and materials on social and emotional skills that can be found here: <https://jillkuzma.wordpress.com>.

The following definitions may be helpful when combined with Jill Kuzma's Feelings House resource as many students need help understanding the vocabulary for a variety of emotions. Students can practice sorting **BIG feelings** (or a lot of a feeling) compared to **SMALL feelings** (or a little bit of a feeling) within the same house of feelings, e.g., happy, angry, scared, sad, and disgusted.

(Feelings House can be found here: <https://jillkuzma.files.wordpress.com/2008/09/feelings-house.pdf>)

Happy

Big Happy Feelings	Ecstatic: feeling or expressing overwhelming happiness or joyful excitement
	Excited: very enthusiastic and eager
	Joyful: feeling, expressing, or causing great pleasure and happiness
Small Happy Feelings	Content: in a state of peaceful happiness.
	Comfortable: physically relaxed and free from constraint
	Satisfied: pleased or content from having expectations, needs, or desires met

Angry/Mad

Big Mad Feelings	Furious: extremely angry
	Livid: furiously angry
	Enraged: very angry; furious
Small Mad Feelings	Annoyed: slightly angry; irritated
	Irritated: showing or feeling slight anger; annoyed
	Bothered: to feel troubled, annoyed, or upset

Scared

Big Scared Feelings	Terrified: to feel extreme fear
	Panicked: to feel sudden uncontrollable fear or anxiety
	Petrified: so frightened that one is unable to move
Small Scared Feelings	Worried: anxious or troubled about actual or potential problems
	Uneasy: feeling anxiety; troubled or uncomfortable
	Anxious: experiencing nervousness, typically about an imminent event or something with an uncertain outcome

Sad

Big Sad Feelings	Depressed: in a state of general great unhappiness
	Miserable: wretchedly unhappy or uncomfortable
	Sorrowful: a feeling of deep distress caused by loss, disappointment, or other misfortune suffered by oneself or others
Small Sad Feelings	Disappointed: sad or displeased because someone or something has failed to fulfill one's hopes or expectations
	Unhappy: not satisfied or pleased with (a situation)
	Discontented: dissatisfied, especially with one's circumstances

Disgusted

Big Disgusted Feelings	Revolted: a feeling of profound disapproval aroused by something unpleasant or offensive
	Repulsed: to feel intense distaste and aversion
	Nauseated: a feeling of sickness with an inclination to vomit
Small Disgusted Feelings	Dislike: feel distaste for or hostility toward
	Squeamish: feeling sick, faint, or disgusted, especially by unpleasant images, such as the sight of blood
	Yucky/lcky: nasty or repulsive