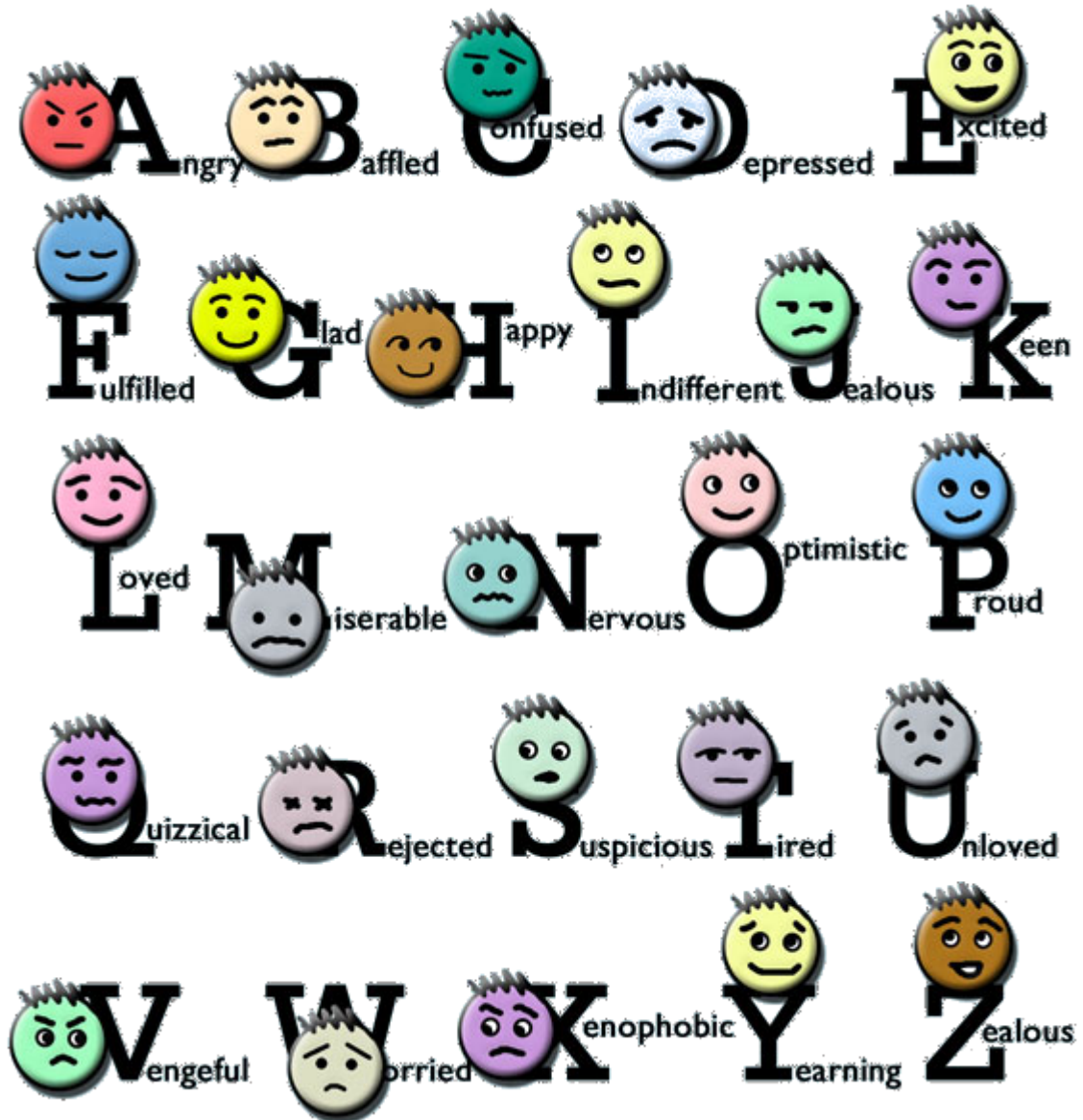


A Feeling Alphabet



Can't think of how you're feeling?

Try using this 'feeling alphabet' to start to identify it.

As part of your resource kit, develop your own words to describe how you're feeling and enter them onto the grid on the next page.

A Feeling Alphabet

A	Angry							
B	Baffled							
C	Confused							
D	Depressed							
E	Excited							
F	Fulfilled							
G	Glad							
H	Happy							
I	Indifferent							
J	Jealous							
K	Keen							
L	Loved							
M	Miserable							
N	Nervous							
O	Optimistic							
P	Proud							
Q	Quizzical							
R	Rejected							
S	Suspicious							
T	Tired							
U	Unloved							
V	Vengeful							
W	Worried							
X	Xenophobic							
Y	Yearning							
Z	Zealous							

