

FREE RESOURCE

My Feelings Word Bank

60 words to help children name what's in their heart

“Children who can name their emotions are better able to manage them. Vocabulary is the first step to emotional regulation.” — Dr. Sandra Munoz, PsyD

Dr. Sandra Munoz, PsyD • LMHC • Author • Family Advocate

sandra-munoz.com

How to Use This Word Bank

Post this on the fridge, in your child's room, or in a classroom. When your child is struggling to name a feeling, point to the list together. For younger children, read them aloud. For older children, let them point or circle. The goal isn't perfection — it's the habit of checking in with feelings regularly.

Happy Family

Happy	Joyful	Excited	Proud
Grateful	Hopeful	Playful	Silly
Loved	Peaceful	Calm	Content

Sad Family

Sad	Disappointed	Lonely	Left out
Heartbroken	Miserable	Gloomy	Hurt
Grief	Homesick	Empty	Tearful

Mad Family

Mad	Angry	Frustrated	Annoyed
Furious	Irritated	Outraged	Grumpy
Bitter	Jealous	Resentful	Overwhelmed

Scared Family

Scared	Worried	Anxious	Nervous
Afraid	Panicked	Uneasy	Shy
Embarrassed	Confused	Unsure	Surprised

Other Feelings

Bored	Tired	Hungry	Silly
Curious	Distracted	Numb	Mixed up
Uncomfortable	Hopeless	Disgusted	Thankful

Daily Check-In Prompt

Each morning or evening, ask: “Pick one word from the list that shows how you’re feeling right now.” Over time, this simple habit builds emotional awareness that will serve your child for life.

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