



FREE PRINTABLE • FLUCIE LEARNING HUB

Feelings Words in English

Thirty two feelings words with a short sentence for each.

HOW TO USE THIS SHEET

- Start with the feelings your child shows most often.
- Name your own feelings out loud during the day.
- Read the sentence aloud, then tick the box when your child can say the word.
- Accept any answer. If your child answers in another language, say the English word back and carry on.

HOW A WORD STICKS

01
SEE

02
UNDERSTAND

03
SAY

04
USE

05
REMEMBER

A 5-minute game: feelings faces

1. Make a face for a feeling, such as surprised or sleepy.
2. Ask "How do I feel?" and let your child guess.
3. Say the sentence together: "You feel surprised."
4. Swap. Your child makes a face and you guess, and you can guess wrong on purpose.
5. Finish by asking "When do you feel surprised?"

SAY IT	FEELING	SIMPLE EXAMPLE
☐	happy	I feel happy when I play with my friends.
☐	excited	I am excited about the trip.
☐	proud	I feel proud of my drawing.
☐	calm	I feel calm when I breathe slowly.
☐	loved	I feel loved when you hug me.
☐	silly	I feel silly when we dance.
☐	brave	I was brave at the doctor.
☐	thankful	I am thankful for my family.

SAY IT	FEELING	SIMPLE EXAMPLE
☐	sad	I feel sad when my toy breaks.
☐	angry	I feel angry when someone takes my turn.
☐	scared	I feel scared in the dark.
☐	worried	I am worried about the test.
☐	lonely	I feel lonely when nobody is home.
☐	jealous	I feel jealous when my friend gets a gift.
☐	upset	I am upset because I lost my pencil.
☐	frustrated	I feel frustrated when the puzzle is hard.

SAY IT	FEELING	SIMPLE EXAMPLE
☐	tired	I feel tired after school.
☐	hungry	I am hungry before dinner.
☐	thirsty	I am thirsty after I run.
☐	sleepy	I feel sleepy at bedtime.
☐	sick	I feel sick and I need to rest.
☐	hot	I feel hot in the sun.
☐	cold	I feel cold in the rain.
☐	full	I am full after lunch.

SAY IT	FEELING	SIMPLE EXAMPLE
☐	surprised	I was surprised by the party.
☐	shy	I feel shy with new people.
☐	bored	I feel bored when it rains all day.
☐	curious	I am curious about the moon.
☐	confused	I feel confused by this word.
☐	nervous	I feel nervous before I sing.
☐	embarrassed	I felt embarrassed when I fell.
☐	relaxed	I feel relaxed on the sofa.

More feelings games

Flucie · Feelings Words in English for Kids

flucie.com/learning-hub/articles/feelings-words-in-english-for-kids

Feelings faces

Make a face and let your child name the feeling.
Then swap.

Story feelings

After a story, ask “How does the character feel now?”

Draw a feeling

Draw a face for each feeling and write the word underneath.

Show me, tell me

Act out a feeling and say “I feel...” with the right word.

My feelings check-in

Draw or write how you feel each day. Pick a word from the tables.

Monday

Tuesday

Wednesday

Thursday

Friday

A NOTE FOR PARENTS

A word list is a way to practise English, not a way to understand how your child is doing. If your child seems very upset or withdrawn for much of the time, talk to a qualified teacher or health professional.

Turn everyday moments into learning.

Flucie helps children learn English through stories, reading, speaking and real-life practice with an AI learning guide.

flucie.com/create