**Appendix D: Emotion Vocabulary Lists**

1. **List for SEL 1: Recognize Emotions &**
2. **List for SEL5: Display Empathetic Characteristics**

The following vocabulary lists are provided to support educators as they work to introduce students to different emotions and support them to recognize, identify and express feelings. These lists are not intended as the final authority identifying all possible emotions, but as a basic list suggested by MA educators as a tool to support fluency in identifying major common emotions.

1. **Vocabulary For SEL1:** The child will be able to recognize, identify, and express his/her emotions

**Early Childhood (PreK through Grade 3) Sample List of Emotions Vocabulary**

**Basic Emotions:**

**Anger (**and Apathy): Annoyed ~ Bored ~ Crabby ~ Cranky ~ Cross ~ Frustrated ~ Impatient ~ Angry ~ Exasperated ~ Mad ~ Hatred ~ Furious ~ Violent

**Fear and Anxiety**: Alert ~ Cautious ~ Concerned ~ Confused ~ Curious ~ Doubtful ~ Fidgety ~ Hesitant ~ Shy ~ Uneasy ~ Anxious ~ Fearful ~ Nervous ~ Worried ~ Horrified ~ Panicked ~ Shocked ~ Terrified

**Happiness and Joy**: Amused ~ Calm ~ Encouraged ~ Friendly ~ Hopeful ~ Inspired ~ Peaceful ~ Smiling ~Cheerful ~ Contented ~ Delighted ~ Excited ~ Glad ~ Happy ~ Joyful ~ Lively ~ Merry ~ Playful ~ Pleased ~ Proud ~ Satisfied ~ Blissful ~ Ecstatic ~ Giddy ~ Overjoyed ~ Thrilled

**Sadness:** Disappointed ~ Discouraged ~ Down ~ Gloomy ~ Grieving ~ Heavy-hearted ~ Mournful ~ Sad ~ Sorrowful ~ Weepy ~ Despairing ~ Heartbroken ~ Hopeless

**Disgust:** Disgusted~ Dislike ~ Displeasure ~ Hatred ~ Revolting ~ Yuck

**Surprise**: Amazed ~ Astonished ~ Unexpected ~ Startled

**More Complex Emotions:**

**Shame and Guilt**: ~ Hesitant ~ Speechless ~ Withdrawn ~ Embarrassed ~ Guilty ~ Humiliated ~ Shamefaced

**Jealousy & Envy:** Disbelieving ~ Demanding ~ Envious ~ Jealous ~ Threatened ~ Greedy ~ Green with Envy ~ Possessive

1. **Vocabulary for SEL5:** The child will display empathetic characteristics.

The following vocabulary lists are provided to support educators as they introduce students to the concepts and experiences of empathy in literature and classroom experiences.

**Early Childhood (PreK through Grade 3) Sample List of Empathy Vocabulary**

**Early elementary/simpler empathy related words:**

Compassion ~ Love ~ Generosity ~ Community ~ Echo ~ Emotion ~ Sympathy ~ Care ~ Kindness ~ Sharing ~ Feel/Feeling ~ Heart ~ Respect ~ Relationship ~ Niceness ~ Courtesy ~ Liking/Friendship ~ Kindhearted ~ Inclusive Gentleness

*Antonyms*: Hate ~ Bias ~ Stingy or Greedy ~ Selfish ~ Uncaring ~ Mean ~ Disrespectful ~ Unsympathetic ~ Unfeeling ~ Unkind ~ Cruel ~ Hardhearted

**Later (grade 3 or above) more complex empathy related words:**

Charity ~ Harmony ~ Tactful ~ Unbiased ~ Tender/tenderness ~ Humanity/humane ~ Peacefulness ~ Morality ~ Right ~ Mercy/merciful ~ Tolerance ~ Empathic ~ Brotherhood of man/humankind ~

*Antonym*s: ~ Bias/biased ~ Stereotype/stereotyped ~ Racism ~ Bigotry ~ Prejudice ~ Discrimination~ Intolerant/intolerance ~ Inhumane ~ Hardhearted ~ Merciless ~ Unjust ~ Immoral