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# Feelings

**list of feeling words - psychpage** - difficult/unpleasant feelings. angry. depressed **feelings list - hoffman institute foundation** - feelings list accepting / open calm centered content fulfilled patient peaceful present relaxed serene trusting aliveness / joy amazed awe bliss delighted eager ecstatic enchanted energized engaged enthusiastic excited free happy inspired invigorated lively passionate playful radiant refreshed rejuvenated renewed satisfied thrilled vibrant ... **feelings inventory - nonviolent communication** - feelings inventory the following are words we use when we want to express a combination of emotional states and physical sensations. this list is neither exhaustive nor definitive. it is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to **feelings - - kidshealth in the classroom** - feelings kids can have a tough time knowing how to deal with different feelings in appropriate ways. understanding and appreciating others' feelings can be difficult, too. these activities will help your students identify and deal appropriately with their feelings and their classmates' feelings. related kidshealth links articles for kids: **feelings wheel 2011 feelings wheel (1) - university of oregon** - feelings wheel 2011 feelings wheel (1) author: bret stein created date: 20120104213426z ... **masking your feelings - depts.washington** - masking your feelings at times, we wear real masks to hide our faces, like when we dress up in a costume. other times, we wear "imaginary masks" — the kinds that other people can't see. **lesson: feelings & emotions - esl kidstuff** - match feelings to the situations with the flashcards still on the board, ask the class how you feel when it's sunny (e.g. ask "do you feel angry when it's sunny?" **relate workshop 1: my feelings and your feelings** - 1) a facilitator will read the book double dip feelings by barbara cain to the children. 2) after reading the story the facilitator will ask the children if they have any questions or would like to share their feelings about the book. 3) the facilitator should then explain to the children that sometimes we have two feelings

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