

**Summary**

Children with high learning potential sometimes have very strong feelings and struggle to deal with them. This advice sheet is aimed at parents and carers of high learning potential children and comprises a list of feelings, both pleasant and unpleasant, in order that parents can help their children to name and understand their emotions.

**Pleasant Feelings**

<i>OPEN</i>	<i>HAPPY</i>	<i>ALIVE</i>	<i>GOOD</i>
understanding	great	playful	calm
confident	gay	courageous	peaceful
reliable	joyous	energetic	at ease
easy	lucky	liberated	comfortable
amazed	fortunate	optimistic	pleased
free	delighted	provocative	encouraged
sympathetic	overjoyed	impulsive	clever
interested	gleeful	free	surprised
satisfied	thankful	frisky	content
receptive	important	animated	quiet
accepting	festive	spirited	certain
kind	ecstatic	thrilled	relaxed
	satisfied	wonderful	serene
	glad		free and easy
	cheerful		bright
	sunny		blessed
	merry		reassured
	elated		
	jubilant		

## DESCRIBING FEELINGS

## ADVICE SHEET

*LOVE*

loving  
considerate  
affectionate  
sensitive  
tender  
devoted  
attracted  
passionate  
admiration  
warm  
touched  
sympathy  
close  
loved  
comforted  
drawn toward

*INTERESTED*

concerned  
affected  
fascinated  
intrigued  
absorbed  
inquisitive  
nosy  
snoopy  
engrossed  
curious

*POSITIVE*

eager  
keen  
earnest  
intent  
anxious  
inspired  
determined  
excited  
enthusiastic  
bold  
brave  
daring  
challenged  
optimistic  
re-enforced  
confident  
hopeful

*STRONG*

impulsive  
free  
sure  
certain  
rebellious  
unique  
dynamic  
tenacious  
hardy  
secure

**Difficult/Unpleasant Feelings***ANGRY*

irritated

enraged

hostile

insulting

sore

annoyed

upset

hateful

unpleasant

offensive

bitter

aggressive

resentful

inflamed

provoked

incensed

infuriated

cross

worked up

boiling

fuming

indignant

*DEPRESSED*

lousy

disappointed

discouraged

ashamed

powerless

diminished

guilty

dissatisfied

miserable

detestable

repugnant

despicable

disgusting

abominable

terrible

in despair

sulky

bad

a sense of loss

*CONFUSED*

upset

doubtful

uncertain

indecisive

perplexed

embarrassed

hesitant

shy

stupefied

disillusioned

unbelieving

skeptical

distrustful

misgiving

lost

unsure

uneasy

pessimistic

tense

*HELPLESS*

incapable

alone

paralyzed

fatigued

useless

inferior

vulnerable

empty

forced

hesitant

despair

frustrated

distressed

woeful

pathetic

tragic

in a stew

dominated

## DESCRIBING FEELINGS

**PA616**

**PAGE 4**

### *INDIFFERENT*

insensitive

dull

nonchalant

neutral

reserved

weary

bored

preoccupied

cold

disinterested

lifeless

### *AFRAID*

fearful

terrified

suspicious

anxious

alarmed

panic

nervous

scared

worried

frightened

timid

shaky

restless

doubtful

threatened

cowardly

quaking

menaced

wary

### *HURT*

crushed

tormented

deprived

pained

tortured

dejected

rejected

injured

offended

afflicted

aching

victimized

heartbroken

agonized

appalled

humiliated

wronged

alienated

### *SAD*

tearful

sorrowful

pained

grief

anguish

desolate

desperate

pessimistic

unhappy

lonely

grieved

mournful

dismayed

## DESCRIBING FEELINGS

### Further Information

PA601 Social and Emotional Development of High Learning Potential Children	Raising happy, successful children is the goal of every parent. As social and emotional problems appear often among high learning potential children, this advice sheet looks at the cause of these and offers some advice on dealing with them.
<a href="http://www.camsden.com">http://www.camsden.com</a>	Website called Cam's Den which is all about understanding feelings.
<a href="http://atlasofemotions.org">http://atlasofemotions.org</a>	The Atlas of Emotions is a visual tool to build emotion vocabulary. The goal is to increase choice in what we become emotional about and how we respond.
<i>On the Social and Emotional Lives of Gifted Children; Understanding and Guiding Their Development</i> by Tracy L. Cross	This book gives insight into supporting children with high learning potential and their social and emotional needs.

Potential Plus UK Date of Issue: April 2017

Potential Plus UK Planned Review Date: April 2020

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