



Attachment A

## "Feeling Words"

This list is for the activity described in steps 2 and 3. Use some or all of these words. Write one word on an index card. Place all of the index cards in an envelope. There should be one envelope with at least 12 index cards per group. Groups do not have to have the same words on their index cards. The "feeling words" can include the following:

Angry	Annoyed
Ashamed	Awful
Bored	Brave
Comfortable	Confident
Confused	Curious
Discouraged	Disgusted
Eager	Embarrassed
Excited	Frightened
Frustrated	Gloomy
Grateful	Guilty
Happy	Hateful
Helpless	Hurt
Insecure	Jealous
Lonely	Loved
Loving	Mad
Sad	Scared
Stressed	Terrified
Worried	