

## Emotional Literacy: Naming Feelings

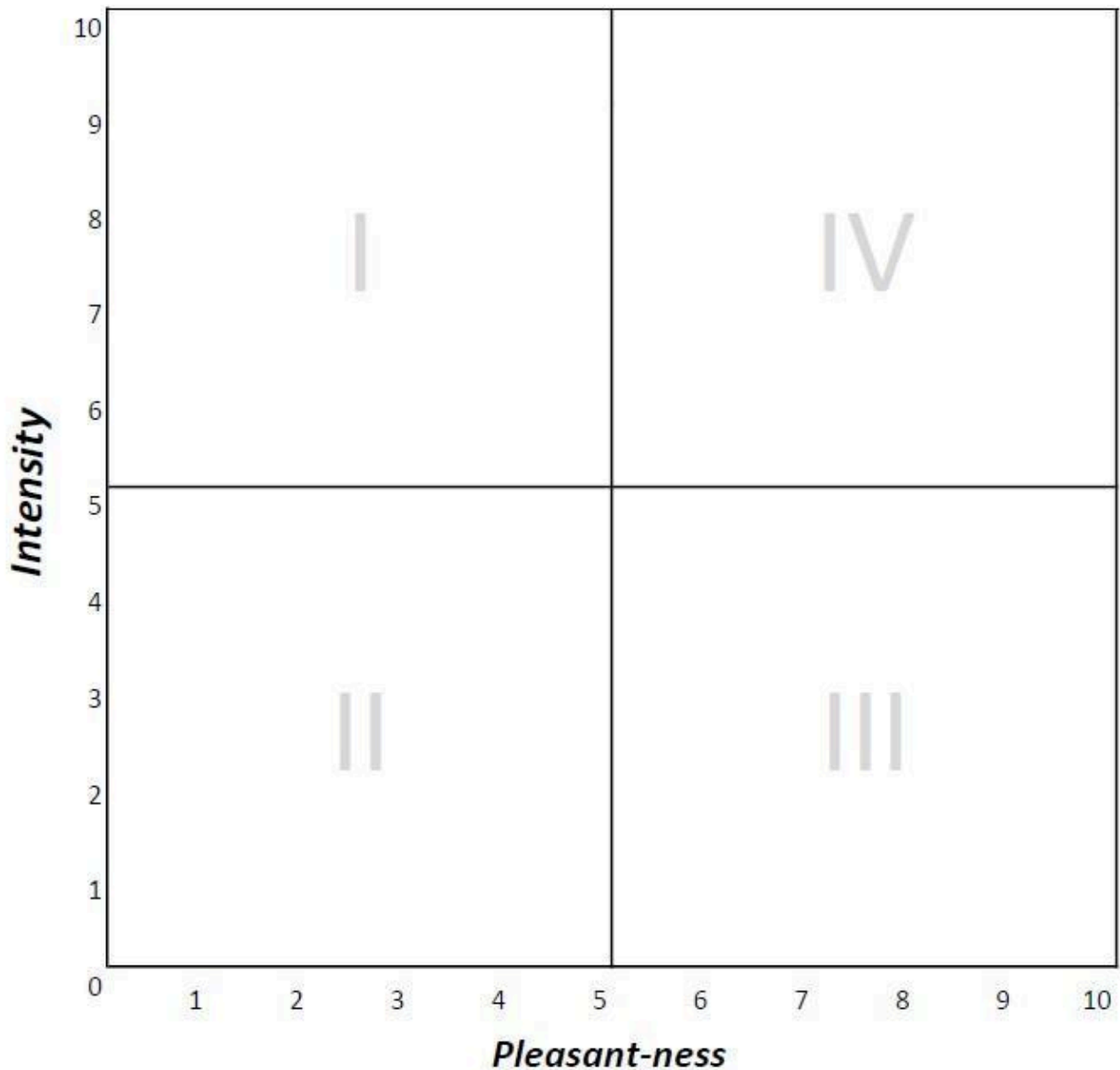
**Challenge** – come up with 20 feeling words for *each quadrant*. How many can you name?

Quadrant 1: Intense, Unpleasant Feelings (rage, grief, disgust)

Quadrant 2: Mild, Unpleasant Feelings (boredom, irritation, doubt)

Quadrant 3: Mild, Pleasant Feelings (peacefulness, acceptance or affection)

Quadrant 4: Intense, Pleasant Feelings (ecstasy, adoration, triumph, vigor)



2012 Six Seconds.