

# A-Z of feelings

To improve your child's vocabulary to identify feelings

You will need:



Work together to think of 1 or 2 feelings for every letter of the alphabet

Today I feel...

Angry

H

O

Vexed

Bored

I

P

W

C

J

Q

eXcited

Disappointed

K

R

Y

E

L

S

Z

F

M

T

G

N

U



Turn this into a memory game to play on long journeys.

'Today I felt Annoyed', 'Today I felt Annoyed and Brave' etc.