

Emotions Spoon Race

Emotions Word List

- Alarmed
- Amazed
- Angry
- Annoyed
- Anxious
- Ashamed
- Bored
- Brave
- Calm
- Cheerful
- Confused
- Cranky
- Curious
- Delighted
- Disgust
- Dislike
- Excited
- Fear
- Fed Up
- Fine
- Fired Up
- Frustrated
- Furious
- Glad
- Grateful
- Grouchy
- Grumpy
- Guilty
- Happy
- Hateful
- Helpful
- Helpless
- Hopeful
- Hopeless
- Horrified
- Hurt
- Impatient
- Irritated
- Jealous
- Jolly
- Joy
- Kind
- Liked
- Lonely
- Love
- Mad
- Miserable
- Nervous
- Peaceful
- Pleased
- Rejected
- Relaxed
- Relieved
- Sad
- Safe
- Satisfied
- Scared
- Serious
- Shy
- Shocked
- Sorry
- Surprised
- Terrified
- Thankful
- Thrilled
- Unhappy
- Upset
- Worried

You can use whatever emotion words you like for this game. We chose these words because because they represent a wide range of emotions in language that both younger and older kids can understand.