Feelit! Feelings Overview at Newbottle and Charlton Primary School

From Sept 2024

Cycle A	Cycle B	Cycle A	Cycle B	Cycle A	Cycle B
Year 1 and 2	Year 1 and 2	Year 3 and 4	Year 3 and 4	Year 5 and 6	Year 5 and 6
Brave	Ecstatic	Joyful	Motivated	Inspired	Courageous
Shy	Disappointed	Excluded	Ashamed	Hopeless	Helpless
Relaxed	Content	Relieved	Satisfied	Empathetic	Blissful
Annoyed	Frustrated	Furious	Irritated	Anxious	Defiant
Confident	Proud	Surprised	Curious	Delighted	Determined
Down	Guilty	Powerless	Exhausted	Vulnerable	Inadequate
Loved	Grateful	Understood	Generous	Sympathetic	Compassionate
Embarrassed	Confused	Jealous	Shocked	Terrified	Patronised/Patronized
Keen/Eager	Amazed	Interested	Enthusiastic	Focused	Optimstic
Bored	Miserable	Discouraged	Insecure	Apathetic	Depressed
Included	Accepted	Secure	Connected	Trusted	Appreciated
Nervous	Impatient	Disgusted	Stressed	Overwhelmed	Envious
	Year 1 and 2 Brave Shy Relaxed Annoyed Confident Down Loved Embarrassed Keen/Eager Bored Included Nervous	Year 1 and 2Year 1 and 2BraveEcstaticShyDisappointedRelaxedContentAnnoyedFrustratedConfidentProudDownGuiltyLovedGratefulEmbarrassedConfusedKeen/EagerAmazedBoredMiserableIncludedAccepted	Year 1 and 2Year 1 and 2Year 3 and 4BraveEcstaticJoyfulShyDisappointedExcludedRelaxedContentRelievedAnnoyedFrustratedFuriousConfidentProudSurprisedDownGuiltyPowerlessLovedCratefulUnderstoodEmbarrassedConfusedJealousKeen/EagerAmazedInterestedBoredMiserableDiscouragedNervousImpatientDisgusted	Year 1 and 2Year 1 and 2Year 3 and 4BraveEcstaticJoyfulMotivatedShyDisappointedExcludedAshamedRelaxedContentRelievedSatisfiedAnnoyedFrustratedFuriousIrritatedConfidentProudSurprisedCuriousDownGuiltyPowerlessExhaustedLovedGratefulUnderstoodGenerousEmbarrassedConfusedJealousShockedBoredMiserableDiscouragedInsecureIncludedAcceptedSecureConnectedNervousImpatientDisgustedStressed	Year 1 and 2Year 3 and 4Year 3 and 4Year 3 and 4Year 5 and 6BraveEcstaticJoyfulMotivatedInspiredShyDisappointedExcludedAshamedHopelessRelaxedContentRelievedSatisfiedEmpatheticAnnoyedFrustratedFuriousIrritatedAnxiousConfidentProudSurprisedCuriousDelightedDownGuityPowerlessExhaustedVulnerableLovedGratefulUnderstoodGenerousSympatheticEmbarrassedConfusedJealousShockedTerrifiedBoredMiserableDiscouragedInsecureApatheticIncludedAcceptedSecureConnectedTrustedNervousImpatientDisgustedStressedOverwhelmed

Feelings are introduced in stages over 12 weeks

Catch up plans and activities are provided so that no matter when pupils commence the FEELIT® program it's assured that they have the foundational knowledge from the beginning