

Feelit! Feelings Overview at Newbottle and Charlton Primary School

From Sept 2024

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

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