

The Little Minds Emotions table (SAMPLE)



The Little Minds team have put together a table with suggested language that can be used to describe an emotion for children and how they might experience it in their bodies. This can act as a starting point for discussion for adults and children to explore how emotions show up in different ways.

The full table includes the following emotions;

- Happy
- Excited,
- Love,
- Proud,
- Grateful,
- Curious,
- Calm,
- Confident,
- Kind,
- Sad,
- Embarrassed,
- Angry,
- Afraid,
- Jealous,
- Frustrated,
- Shy,
- Lonely,
- Confused,
- Shocked,
- Disgust



Below is a sample of the resource, which is available in full, when you attend the Little Minds face to face training.

Emotion/feeling	Describing it for young children What it feels like	Bodily experience Body signs
Happy	Contented, feeling of pleasure, when life is good and you can't help but smile. A warm, bubbly feeling inside, like sunshine in your heart. You might smile, laugh, or want to play!	Smiling You feel light and excited, with a big smile on your face.
Excited	Like you're bouncing on a trampoline! Your heart might beat fast, and you feel like moving or shouting out.	Your body feels full of energy, like you're ready to run or jump.
Curious	A tickly feeling in your brain, like you really want to know or try something new!	You feel focused and eager to explore or ask questions.
Afraid	A cold, tight feeling, like you want to hide or run away.	Your heart beats fast, your tummy feels tight, and you want to curl up or hold someone's hand.