



Farida Sheikh
Shaping Minds, One Page

Emotions Word Bank

A Visual and Verbal Resource to Help Children Name and Navigate Their Feelings

Author: Dr. Farida Sheikh

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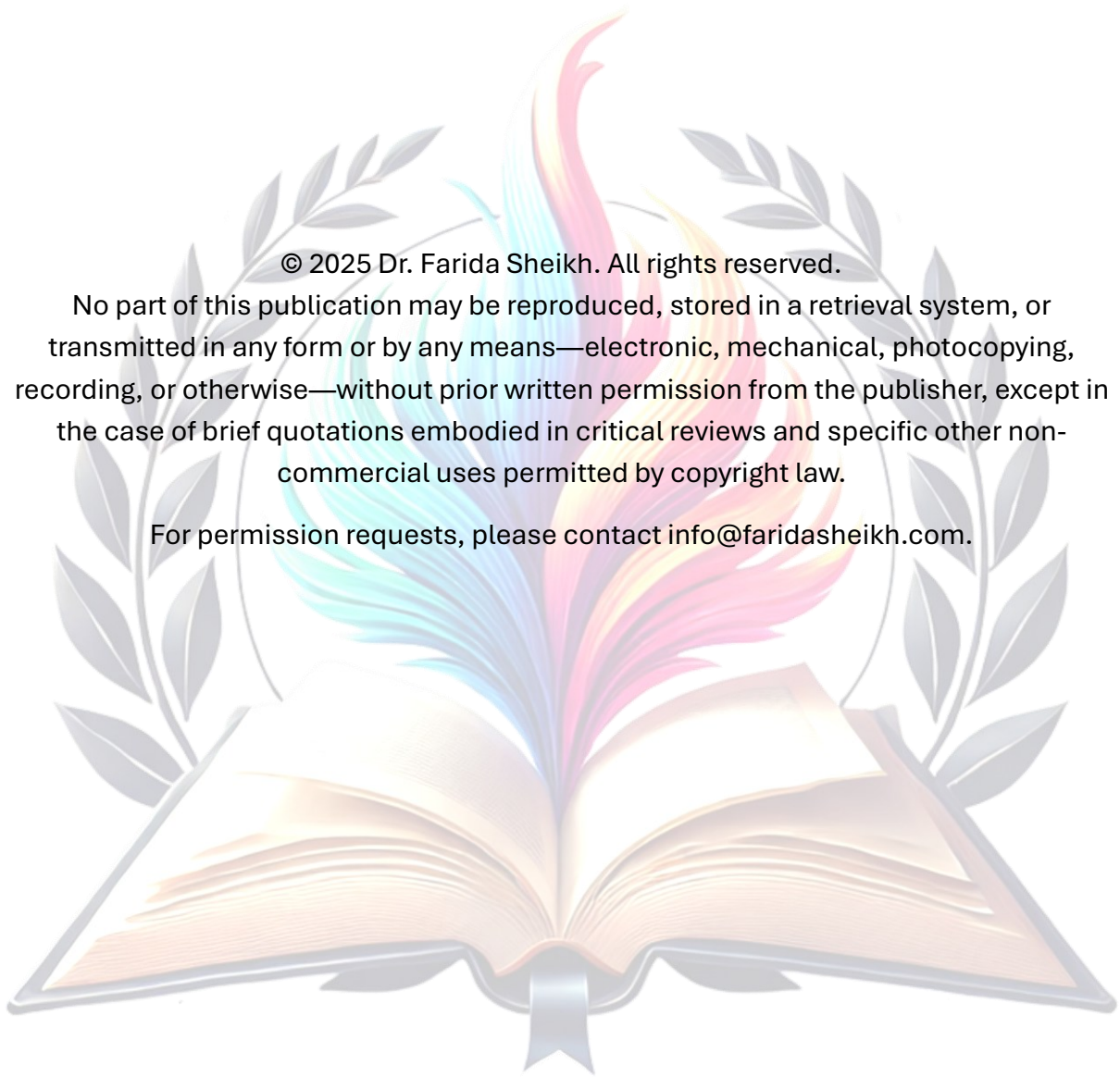
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Website: <https://faridasheikh.com>

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Purpose of This Tool

The Emotions Word Bank is a printable flashcard and chart set designed to help children expand their emotional vocabulary. Rooted in the Affective Domain of the Tricycle Model, this tool supports emotional literacy, regulation, and communication by:

- Teaching children the language of emotions
- Helping them recognise and express feelings appropriately
- Equipping parents and teachers to hold meaningful emotional conversations

It's especially valuable in multicultural, multilingual, or emotionally sensitive learning environments.

Background: Why Emotional Vocabulary Matters

You can't manage what you can't name.

Many behavioural outbursts, withdrawal symptoms, or misunderstandings in childhood stem not from defiance — but from a lack of emotional vocabulary. If children only know “happy,” “sad,” and “angry,” they are unable to express more nuanced feelings like “frustrated,” “lonely,” “anxious,” or “confused.”

The Emotions Word Bank gives learners the language they need to regulate, communicate, and connect.

The Challenge We're Solving

In many schools and homes:

- Emotional labels are underused or oversimplified
- Children are asked “What's wrong?” — but don't know the words
- Parents and teachers may misread body language or silence
- Emotional support becomes reactive, not proactive

This tool changes that. It offers structured language, inclusive visuals, and guided reflection to ensure feelings are named, normalised, and navigated.

What's Inside

- 36 emotion flashcards divided into 4 categories:
 1. Positive/Calm (e.g., safe, joyful, proud)
 2. Excited/Energised (e.g., curious, hopeful, playful)
 3. Uncomfortable/Difficult (e.g., shy, jealous, left out)

4. Overwhelmed/Disregulated (e.g., furious, panicked, numb)

- Colour-coded printable chart
- Blank template to add new emotions or cultural variations
- Suggested sentence starters and questions

How to Use the Tool

- Introduce 3–5 cards at a time based on age and context
- Let children choose the word that best fits how they feel
- Ask open-ended questions using sentence starters
- Display the chart in classrooms or learning corners
- Use during circle time, one-to-one discussions, or bedtime check-ins

Sentence Starters for Conversations

- “I feel ___ because...”
- “When ___ happened, I felt...”
- “One thing that might help me is...”
- “Next time I feel ___, I can try...”

Checklist for Emotional Literacy Support

Practice	Yes	Not Yet
Emotion words are visible and used in daily routines		
Adults model emotion vocabulary and expression		
Children are encouraged to choose or describe their feelings		
Tools are adapted for culture, age, and context		

What’s Next? Build a Culture of Reflection

The Tricycle Model: A Holistic Approach to Education

Explore how small habits reinforce big ideas

<https://mybook.to/tircyclewebsite>

Right Vision Academy

Teacher-parent training in reflective learning

<https://rightvisionacademy.com>

More holistic tools and templates:

<https://faridasheikh.com/free-resources>

We'd Love to Hear from You

Have you used this bookmark with your child or students?

What has changed in your reflection routines?

Send us your experience:

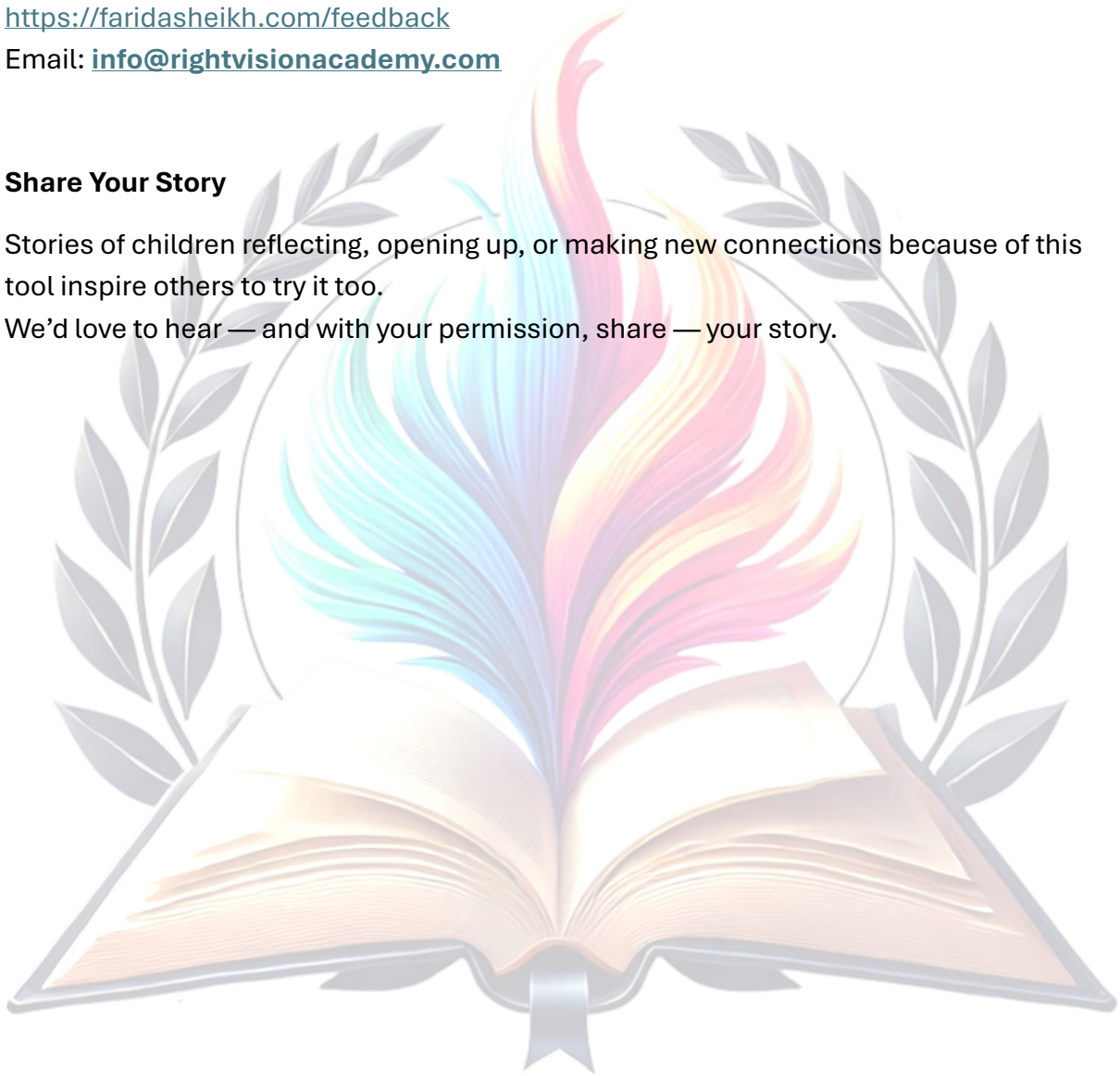
<https://faridasheikh.com/feedback>

Email: info@rightvisionacademy.com

Share Your Story

Stories of children reflecting, opening up, or making new connections because of this tool inspire others to try it too.

We'd love to hear — and with your permission, share — your story.



EMOTIONS FLASHCARDDS

Positive / Calm



Excited / Energised



Overwhelmed / Dysregulated

