



# RULER

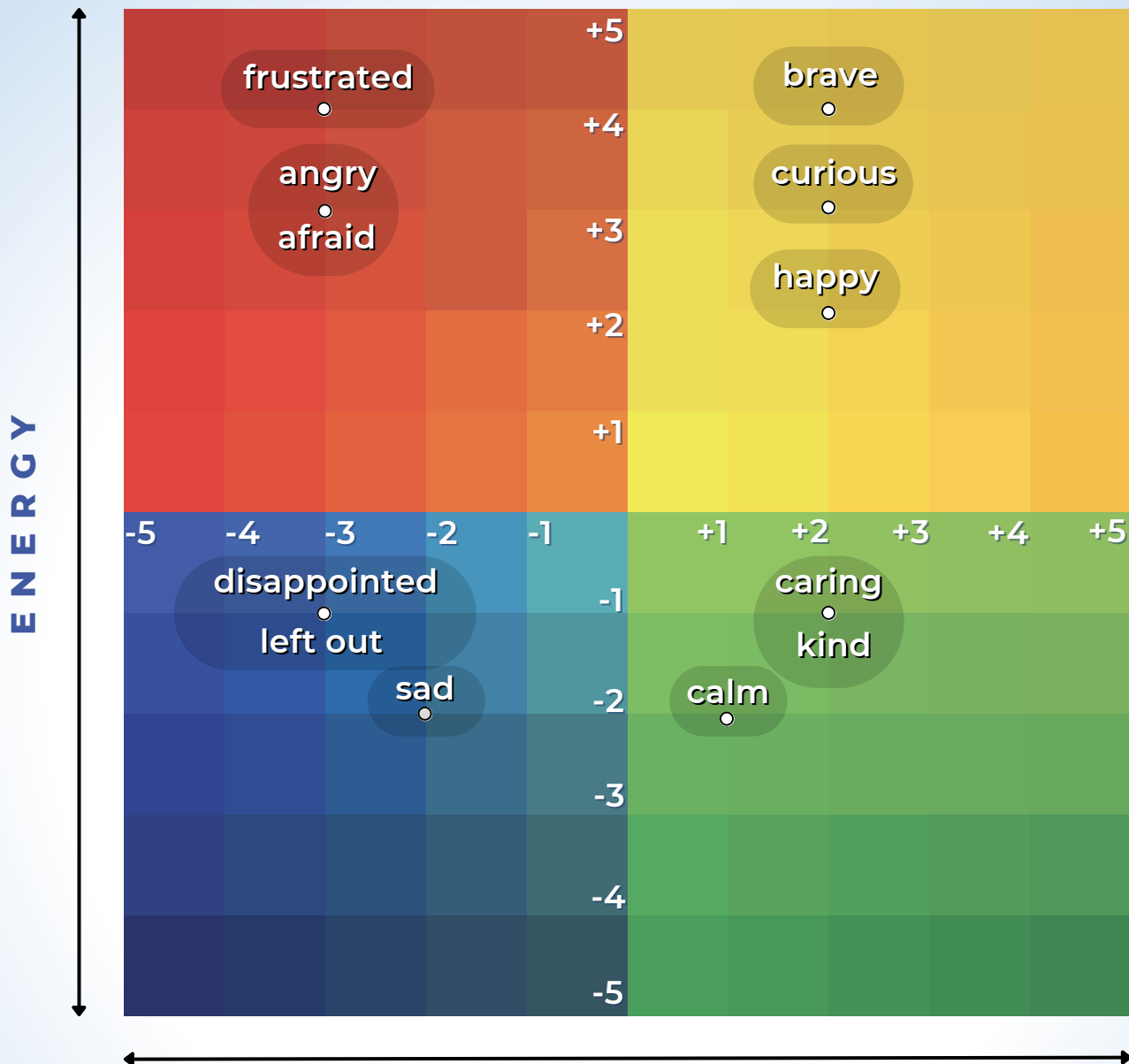
## FEELING WORDS

EARLY CHILDHOOD		
Word	Definition	Color
Happy	Full of good feelings	Yellow
Brave	Feeling like you can do or try something even if it seems scary	Yellow
Curious	Wondering about something and wanting to know more	Yellow
Angry	Upset because something unfair happened	Red
Afraid	Scared that something bad may happen	Red
Frustrated	Upset because I am trying to do something, and it isn't going well	Red
Calm	When the body and mind are feeling still and quiet	Green
Kind	Wanting to do nice things for others	Green
Safe	Feeling like you are protected from anything bad or scary	Green
Sad	Feeling bad, like you might cry	Blue
Left-out	Sad because you are not part of a group even though you want to be	Blue
Disappointed	Sad because something did not happen the way you thought it would happen	Blue

# RULER

## MOOD METER

EARLY CHILDHOOD FEELING WORDS



Red	Blue	Yellow	Green
frustrated (-3,4)	disappointed (-3,-1)	brave (2,4)	kind (2,-1)
afraid (-3,3)	left out (-3,-1)	curious (2,3)	calm (1,-2)
angry (-3,3)	sad (-2,-2)	happy (2,2)	caring (2,-1)

"disappointed" and "left out," "caring" and "kind," and "angry" and "afraid" share a plot on the Mood Meter because they have the same level of pleasantness and energy. The cause and definition of each feeling word clarify their differences. For the definitions of the RULER feeling words, please refer to the RULER for Elementary curriculum.

Grade-level feeling words and their plots are aligned with the RULER for Elementary School curriculum and based on the developmental level of students. However, as students expand their emotion vocabulary, where they plot their feelings becomes relative to other feeling words they know. For this reason, plots may shift slightly from what's pictured here as students learn more feeling words.

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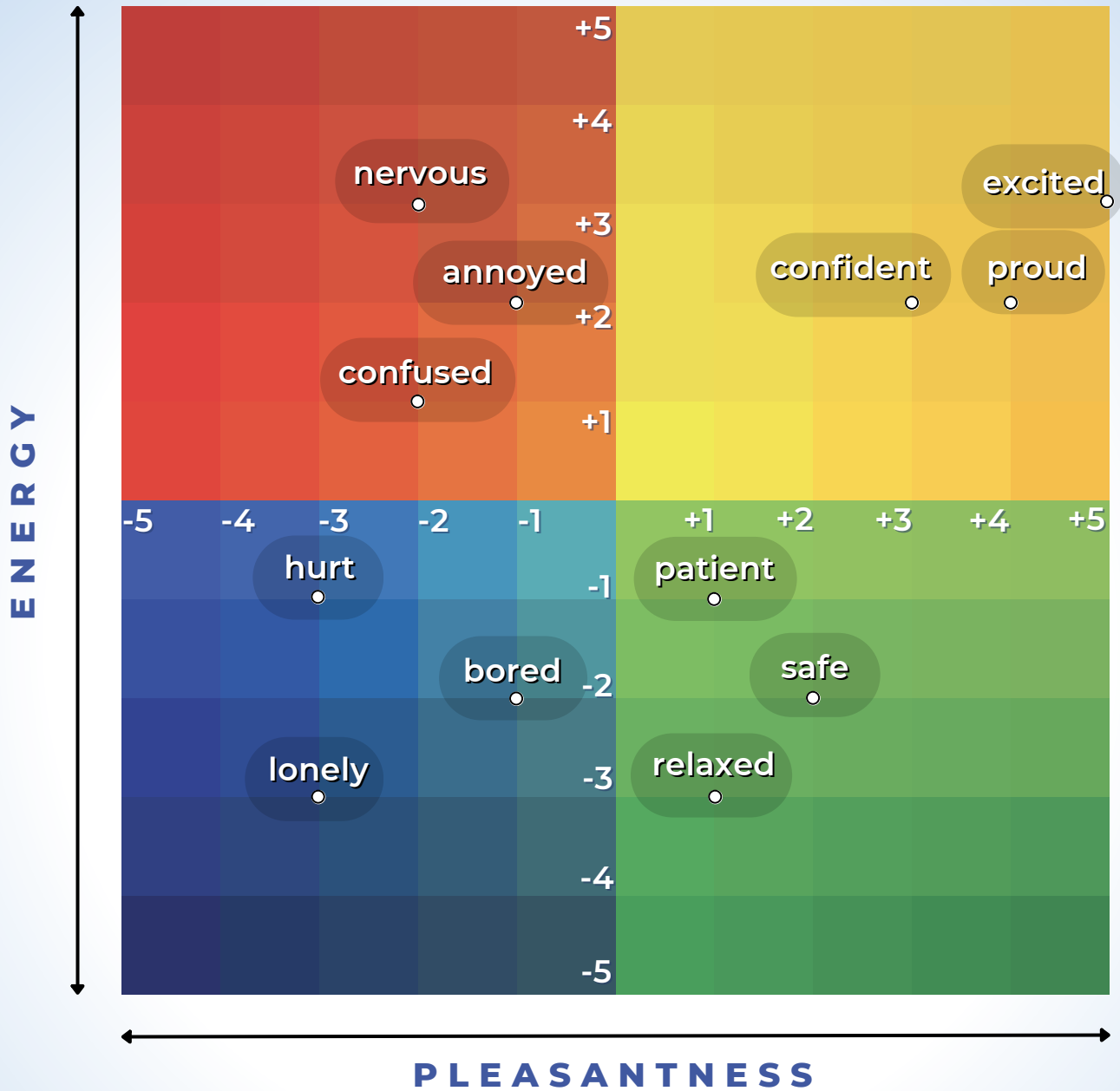
## FEELING WORDS

KINDERGARTEN		
Word	Definition	Color
Confident	Believing you can do something well	Yellow
Excited	Happy because something good is about to happen	Yellow
Proud	Feeling good about yourself because of who you are or something you did	Yellow
Annoyed	Bothered by something or someone	Red
Confused	Feeling like you do not understand something	Red
Nervous	Having trouble staying calm because you are afraid about something that might happen	Red
Patient	Waiting calmly for something to happen even though it may be hard to wait	Green
Relaxed	Calm and free; feeling loose in the body	Green
Safe	Feeling like you are protected from anything bad or scary	Green
Bored	Feeling like you have nothing to do or are tired of something	Blue
Hurt	Sad or in pain because of something someone did or said	Blue
Lonely	Sad because you are by yourself and not with others	Blue

# RULER

## MOOD METER

### KINDERGARTEN FEELING WORDS



#### Red

annoyed (-1,2)  
confused (-2,1)  
nervous (-2,3)

#### Blue

bored (-1,-2)  
hurt (-3,-1)  
lonely (-3,-3)

#### Yellow

confident (3,2)  
excited (5,3)  
proud (4,2)

#### Green

patient (1,-1)  
**relaxed (1,-3)**  
safe (2,-2)

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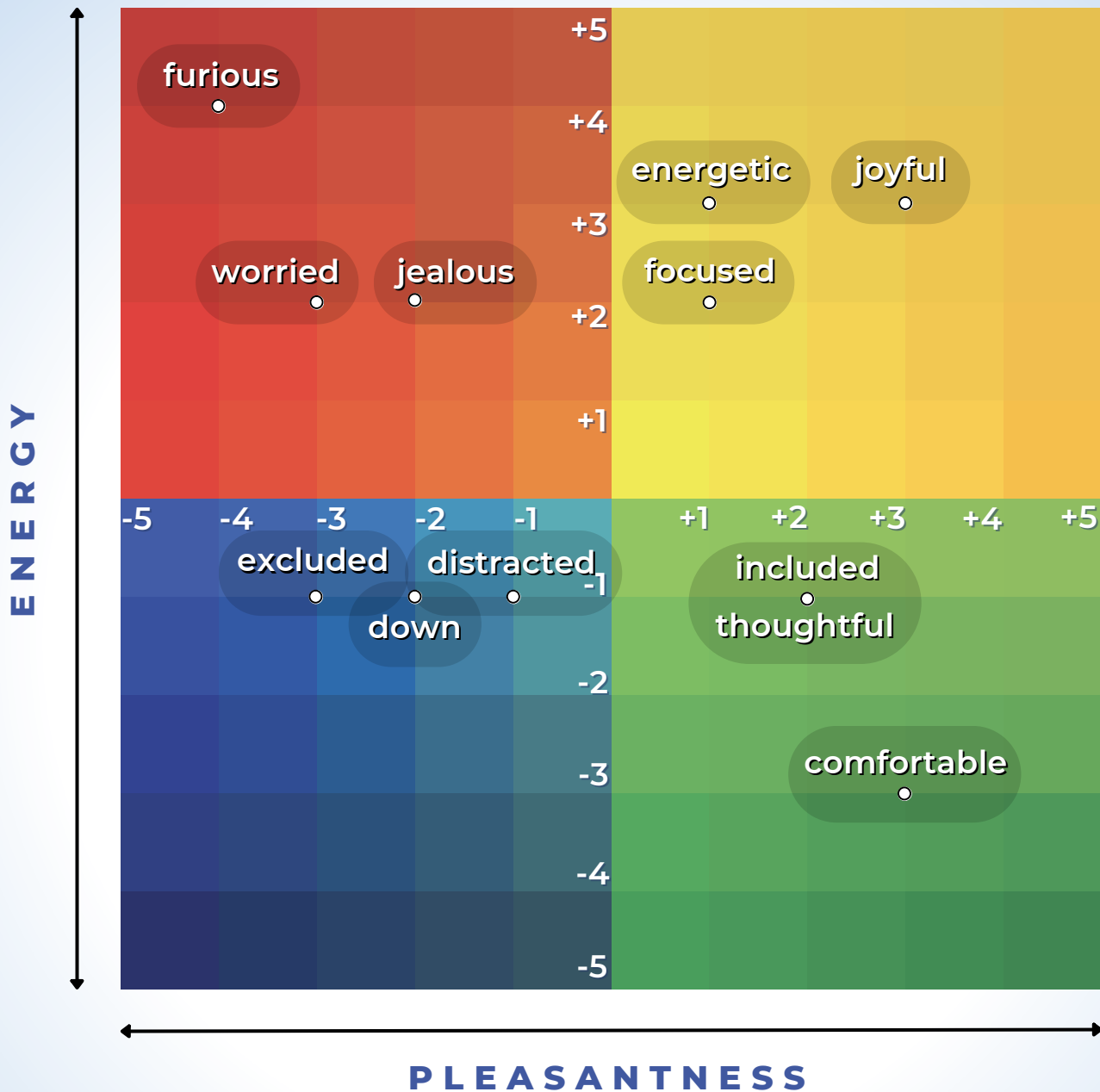
## FEELING WORDS

FIRST GRADE		
Word	Definition	Color
Energetic	Ready to move around	Yellow
Focused	Paying close attention to something	Yellow
Joyful	Filled with happiness	Yellow
Furious	Very angry	Red
Jealous	Afraid someone close to you may care about someone else more than you	Red
Worried	Full of thoughts about something bad that may happen	Red
Comfortable	Calm, relaxed, and safe where you are	Green
Included	Feeling like you are part of a group and that people want you to be there	Green
Thoughtful	Thinking about what others need or how they feel	Green
Distracted	Paying attention to something other than what you are supposed to	Blue
Down	Sad and like you have little energy	Blue
Excluded	Feeling like others left you out of a group or activity	Blue

# RULER

## MOOD METER

FIRST GRADE FEELING WORDS



Red	Blue	Yellow	Green
furious (-4,4)	distracted (-1,-1)	energetic (1,3)	comfortable (3,-3)
jealous (-2,2)	down (-2,-1)	focused (1,2)	included (2,-1)
worried (-3,2)	excluded (-3,-1)	joyful (3,3)	thoughtful (2,-1)

"Included" and "thoughtful" share a plot on the Mood Meter because they have the same level of pleasantness and energy. The cause and definition of each feeling word clarify their differences. For the definitions of the RULER feeling words, please refer to the RULER for Elementary curriculum.

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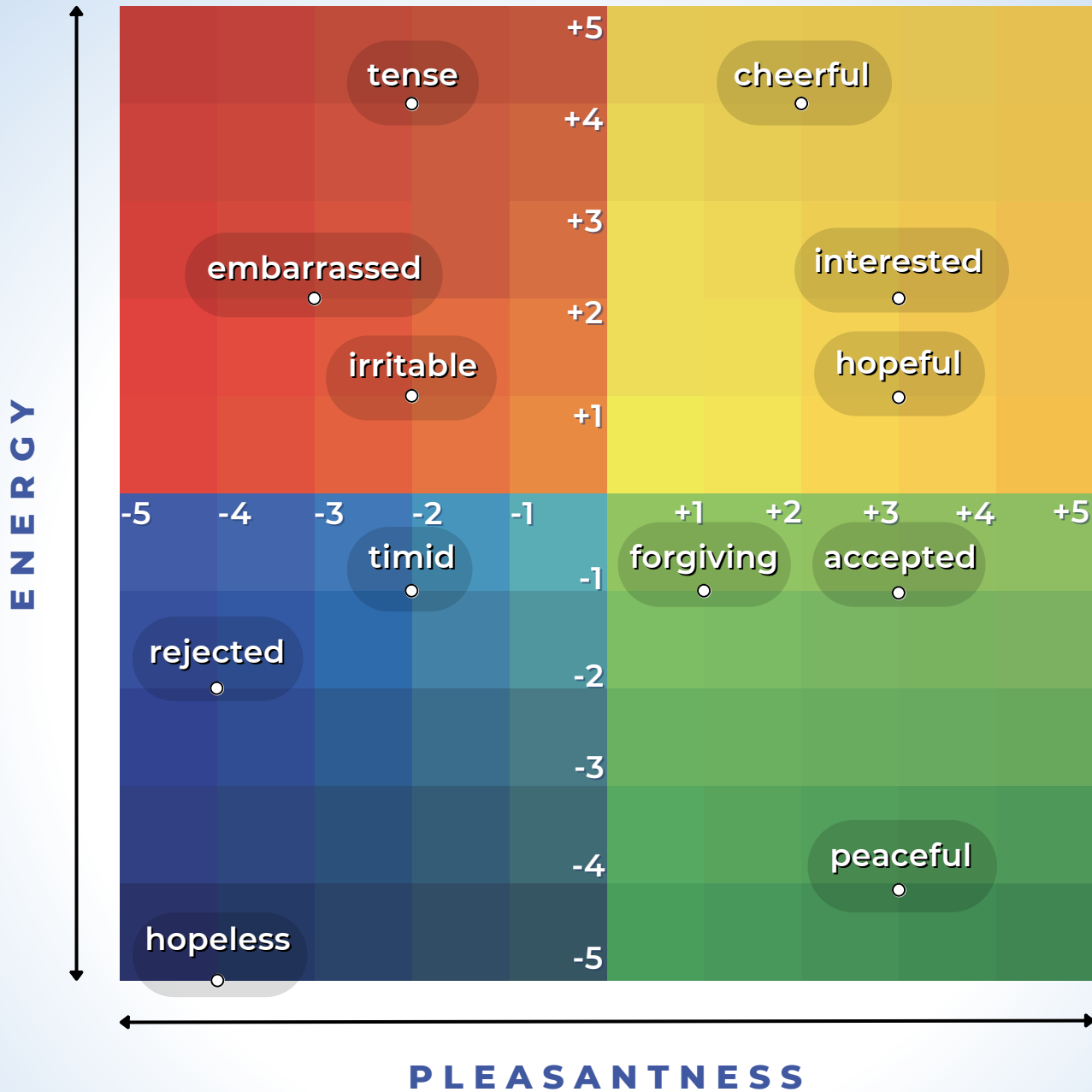
## FEELING WORDS

SECOND GRADE		
Word	Definition	Color
Cheerful	In a good mood and showing it	Yellow
Hopeful	Feeling like something good will happen	Yellow
Interested	Wanting to know more about something or someone	Yellow
Embarrassed	Uncomfortable because you believe others may think something you did or said is weird or silly	Red
Irritable	Easily annoyed or angered	Red
Tense	Unable to relax	Red
Accepted	Feeling like others like you for who you are	Green
Forgiving	Letting go of anger about something someone did	Green
Peaceful	Calm and relaxed with nothing bothering you	Green
Hopeless	Feeling like nothing good could possibly happen	Blue
Rejected	Feeling unwanted or not accepted	Blue
Timid	Easily scared; not brave	Blue

# RULER

## MOOD METER

### SECOND GRADE FEELING WORDS



#### Red

embarrassed (-3,2)  
irritable (-2,1)  
tense (-2,4)

#### Blue

hopeless (-4,-5)  
rejected (-4,-2)  
timid (-2,-1)

#### Yellow

cheerful (2,4)  
hopeful (3,1)  
interested (3,2)

#### Green

accepted (3,-1)  
forgiving (1,-1)  
peaceful (3,-4)

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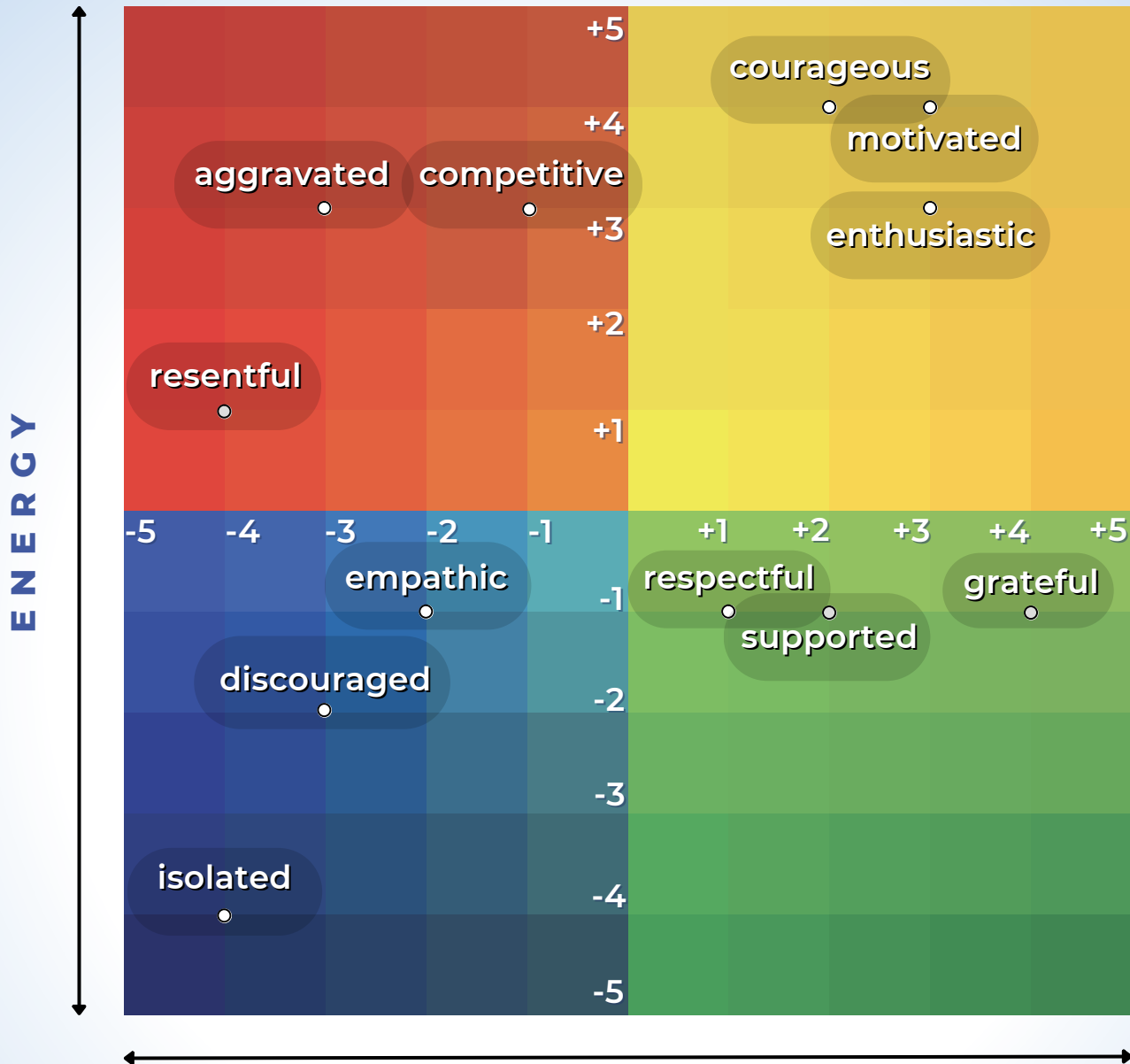
## FEELING WORDS

THIRD GRADE		
Word	Definition	Color
Courageous	Confident to face situations that seem hard or scary	Yellow
Enthusiastic	Excited about and interested in an idea or an activity	Yellow
Motivated	Having the energy or reason to do something	Yellow
Aggravated	More and more annoyed by something that keeps happening	Red
Competitive	Wanting to do better than or be more successful than others	Red
Resentful	Holding onto anger toward someone or something unfair or hurtful	Red
Grateful	Happy to have something or someone; thankful	Green
Respectful	Thoughtful of others' needs and feelings and careful to treat others well	Green
Supported	Feeling like others care about you and are there to help you	Green
Discouraged	Feeling like you have lost confidence or interest in doing something	Blue
Empathic	Feeling like you understand and share the feelings of another	Blue
Isolated	Feeling like you are alone and without a connection to others	Blue

# RULER

## MOOD METER

### THIRD GRADE FEELING WORDS



### PLEASANTNESS

#### Red

aggravated (-3,3)  
competitive (-1,3)  
**resentful (-4,1)**

#### Blue

discouraged (-3,-2)  
empathic (-2,-1)  
isolated (-4,-4)

#### Yellow

courageous (2,4)  
**enthusiastic (3,3)**  
**motivated (3,4)**

#### Green

grateful (4,-1)  
**respectful (1,-1)**  
supported (2,-1)

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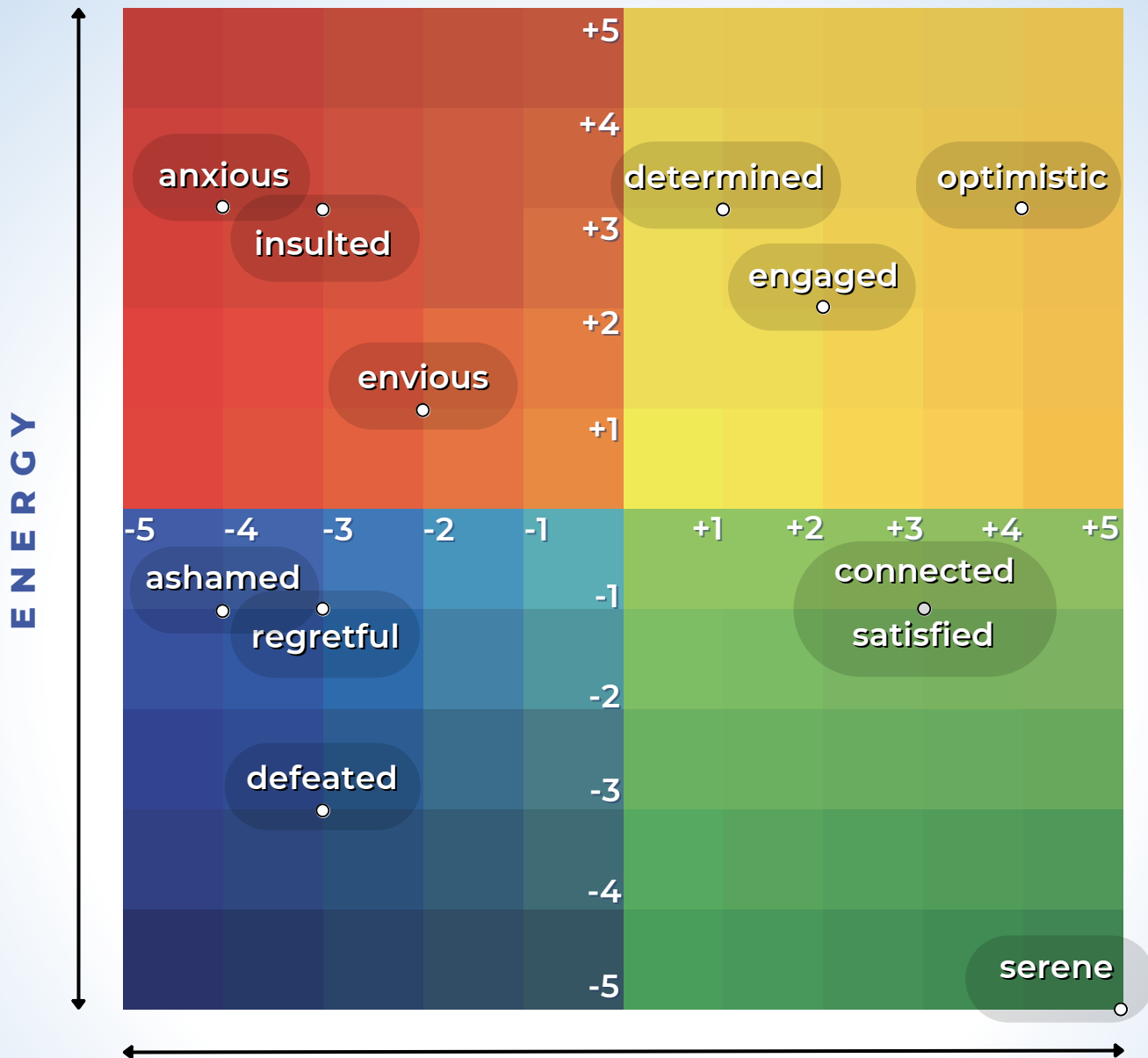
## FEELING WORDS

FOURTH GRADE		
Word	Definition	Color
Determined	Knowing what you want and not letting anything stop you	Yellow
Engaged	Deeply interested or participating fully in something	Yellow
Optimistic	Hopeful and confident about the future	Yellow
Anxious	Worried and uneasy about something with an uncertain outcome	Red
Envious	Resentful or annoyed because you want something someone else has	Red
Insulted	Feeling like someone treated you or something or someone you care about with disrespect	Red
Connected	Feeling close to someone or part of a community	Green
Satisfied	Pleased with something or someone; feeling as though your needs have been met	Green
Serene	Pleasantly calm and like nothing is bothering you	Green
Ashamed	Embarrassed about who you are or about something you did that makes you feel bad about yourself	Blue
Defeated	Overcome with discouragement and hopelessness	Blue
Regretful	Holding onto sadness about something you wished you had done differently	Blue

# RULER

## MOOD METER

### FOURTH GRADE FEELING WORDS



### PLEASANTNESS

#### Red

anxious (-4,3)  
envious (-2,1)  
insulted (-3,3)

#### Blue

ashamed (-4,-1)  
defeated (-3,-3)  
regretful (-3,-1)

#### Yellow

determined (1,3)  
engaged (2,2)  
optimistic (4,3)

#### Green

connected (3,-1)  
**satisfied (3,-1)**  
serene (5,-5)

"Connected" and "satisfied" share a plot on the Mood Meter because they have the same level of pleasantness and energy. The cause and definition of each feeling word clarify their differences. For the definitions of the RULER feeling words, please refer to the RULER for Elementary curriculum.

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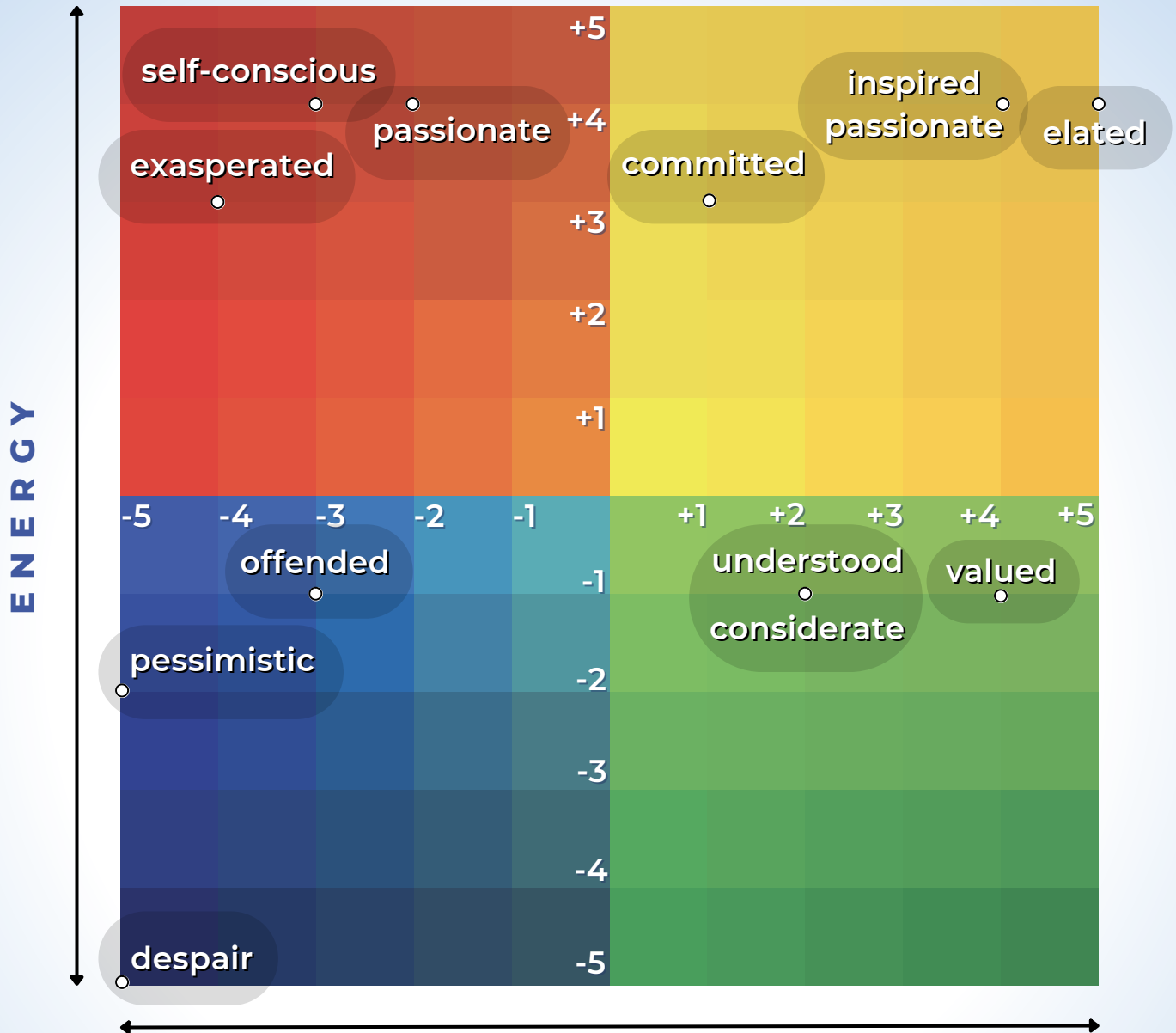
## FEELING WORDS

FIFTH GRADE		
Word	Definition	Color
Committed	Motivated to fulfill an agreement or promise you have made to yourself or someone else	Yellow
Elated	Very joyful, proud, and excited	Yellow
Inspired	Affected powerfully by something in a way that motivates you	Yellow
Exasperated	Aggravated to the point of wanting to give up	Red
Passionate	Intensely enthusiastic about or interested in someone or something	Red
Self-conscious	Uncomfortably aware of your thoughts, actions, or appearance and concerned with what others think	Red
Considerate	Thinking about others' needs and what you can do to help	Green
Understood	Feeling like others know you and can empathize with your experiences	Green
Valued	Feeling like others think who you are or what you do or say is important	Green
Despair	Completely hopeless	Blue
Offended	Hurt or insulted by someone else's words or actions	Blue
Pessimistic	Seeing the worst in things or believing the worst will happen	Blue

# RULER

## MOOD METER

### FIFTH GRADE FEELING WORDS



### PLEASANTNESS

**Red**  
 exasperated (-4,3)  
 passionate (-2,4)\*  
 self-conscious (-3,4)

**Blue**  
 despair (-5,-5)  
 offended (-3,-1)  
 pessimistic (-5,-2)

**Yellow**  
 committed (1,3)  
 elated (5,4)  
 inspired (4,4)  
 passionate (4,4)\*

**Green**  
 considerate (2,-1)  
 understood (2,-1)  
 valued (4,-1)

\*The feeling word, *passionate*, is located at -2, +4. Sometimes, feeling passionate can be in the yellow if the source of passion is enthusiasm or interest. For instance, if you are feeling passionate about singing or painting or sports, you may be in the yellow.

"Understood" and "considerate" share a plot on the Mood Meter because they have the same level of pleasantness and energy. The root cause and definition of each feeling word clarify their differences. For more information, please see the RULER for Elementary curricula.

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