



Hatching Dragons  
Education for a new world

**NEGATIVE**  
**FEELING**



# AFRAID

Scared something bad  
might happen.

# AGGRAVATED

Annoyed or bothered.

# AGITATED

Restless and unable  
to calm down.



# ALARMED

Suddenly scared  
or worried.



# ALOOF

Not showing feelings,  
keeping distant.

# ANGRY

Upset and wanting  
to shout or fight.

# ANGUISHED

Deeply sad or in pain.



# ANNOYED

A little angry.



# ANXIOUS

Worried about  
what might happen.

# APATHETIC

Not caring or  
showing interest.

# APPREHENSIVE

Nervous about  
something coming.



# AROUSSED

Stirred up with strong feelings (not calm).



# ASHAMED

Feeling bad about  
something you did.

**BEAT**

Very tired.

# BEWILDERED

Confused and unsure.



# BITTER

Hurt and angry about  
something unfair.



# BLAH

Feeling dull  
and unexcited.

**BLUE**

Sad or unhappy.

# BORED

Tired of doing the  
same thing or nothing fun.



# **BROKENHEARTED**

Very sad, usually  
about losing someone  
or something.

# CHAGRINED

Embarrassed  
and disappointed.

# COLD

Not showing  
feelings or warmth.



# CONCERNED

Worried  
about something.

# CONFUSED

Not sure what's  
happening.

# COOL

Distant and not  
showing feelings.



# CROSS

Annoyed or  
a little angry.

# DEJECTED

Feeling down  
and hopeless.

# DEPRESSED

Very sad and  
without energy.



# DESPAIRING

Feeling there  
is no hope.

# DESPONDENT

Very discouraged and sad.

# DETACHED

Not connected to  
your feelings or others.



# DISAFFECTED

Unhappy and not caring  
about rules or people  
in charge.

# DISAPPOINTED

Sad because things  
didn't go how you hoped.



# **DISCOURAGED**

Losing confidence or hope.



**Disgruntled** **DISENCHANTED**

Unhappy because something  
isn't as good as you thought.

# DISGRUNTLED

Unhappy and complaining.

# DISGUSTED

Feeling sick or  
upset by something.



# DISHEARTENED

Losing hope and confidence.

# DISMAYED

Upset and disappointed.

# DISPLEASED

Not happy  
about something.



# DISQUIETED

Worried or uneasy.

# **DISTRESSED**

Very upset and worried.

# **DISTURBED**

Troubled by  
something upsetting.



# DOWNCAST

Looking and  
feeling very sad.

# DOWNHEARTED

Discouraged and sad.

# DULL

Lacking energy  
or excitement.



# EDGY

Nervous and  
easily upset.

# EMBARRASSED

Feeling awkward or silly.

# EMBITTERED

Angry and hurt  
from past unfairness.



**EXASPERATED**

Very annoyed.

# EXHAUSTED

Extremely tired.

# FATIGUED

Very worn out.



# FEARFUL

Scared and worried.

# FIDGETY

Unable to sit still, restless.

# FORLORN

Very sad and lonely.



# **FRIGHTENED**

Scared.

# FRUSTRATED

Upset because  
something is hard to do.

# FURIOUS

Extremely angry.



# GLOOMY

Sad and without hope.

# **GUILTY**

Feeling bad for  
doing something wrong.

# **HARRIED**

Feeling rushed and stressed.



# HEAVY

Weighed down  
with sadness.

# HELPLESS

Feeling like  
you can't do anything.

# **HESITANT**

Unsure and slow to decide.



# HORRIBLE

Very bad inside.

# **HORRIFIED**

Extremely  
shocked and scared.

# HOSTILE

Angry and unfriendly.



# HOT

Worked up and angry.

# HUMDRUM

Boring and dull.

# HURT

In pain, physically  
or emotionally.



# IMPATIENT

Not wanting to wait.

# INDIFFERENT

Not caring.

# INTENSE

Strong and hard to handle.



# IRATE

Very angry.

**IRKED**

Annoyed.

# JEALOUS

Wanting what  
someone else has.



# JITTERY

Nervous and jumpy.

# KEYED-UP

Tense and unable to relax.

# LAZY

Not wanting  
to do anything.



# LEERY

Unsure and suspicious.

# LETHARGIC

Slow and without energy.

# LISTLESS

Weak and not interested.



# LONELY

Sad because you are alone.

**MAD**

Very angry.

# MEAN

Unkind or cruel.



# MISERABLE

Very unhappy.

# MOPEY

Sad and moving slowly.

# MOROSE

Gloomy and unfriendly.



# **MOURNFUL**

Very sad, like when grieving.

# NERVOUS

Worried and uneasy.

# NETTLED

Irritated or annoyed.



# NUMB

Not feeling anything,  
like shut down.

# OVERWHELMED

Having too much to handle.

# **PANICKY**

Suddenly very scared  
and not thinking clearly.



# PASSIVE

Not acting or standing  
up for yourself.

# PERPLEXED

Very confused.

# PESSIMISTIC

Expecting bad  
things to happen.



# PUZZLED

Unsure and confused.

# RANCOROUS

Holding a lot of  
anger and bitterness.

# RELUCTANT

Not wanting to  
do something.



# REPELLED

Pushed away by disgust.

# RESENTFUL

Angry because  
something feels unfair.

# RESTLESS

Unable to relax or sit still.



**SAD**

Unhappy.

# SCARED

Afraid of something.

# **SENSITIVE**

Easily hurt.



# SHAKY

Trembling or unsteady.

# SHOCKED

Very surprised and upset.

# **SKEPTICAL**

Not believing easily.



# SLEEPY

Tired and ready to rest.

# SORROWFUL

Deeply sad.

# SORROWFUL

Deeply sad.



# SORRY

Feeling regretful.

# SPIRITLESS

With no energy  
or excitement.

# STARTLED

Suddenly surprised  
or scared.



# **SURPRISED**

Caught off guard.

# SUSPICIOUS

Not trusting  
something or someone.

# TEPID

Without much  
interest or warmth.



# TERRIFIED

Very, very scared.

**TIRED**

Needing rest.

# TROUBLED

Worried and upset.



# UNCOMFORTABLE

Not feeling good or at ease.

# UNCONCERNED

Not worried or caring.

# UNEASY

Nervous and unsure.



# UNGLUED

Falling apart emotionally.

# UNHAPPY

Not happy.

# UNNERVED

Shaken and worried.



# UNSTEADY

Not balanced, wobbly.

# UPTIGHT

Very tense and  
unable to relax.

# UPSET

Unhappy or troubled.



**VEXED**

Annoyed or bothered.

# WEARY

Very tired and worn out.

# WITHDRAWN

Pulling away from people.



# WOEFUL

Very sad.

# WORRIED

Thinking about problems  
with unease. on something  
you enjoy

# WRETCHED

Feeling very bad, miserable.



# WISTFUL

Sad while wishing  
for something.