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| Happy | feeling pleasure or joy | Example:  After being stuck inside for two days because of the storm Mr. Martino was happy when he looked out the window and saw sun. |
| Frustrated | feeling upset because you do not want to change or because you cannot get what you want | Example:  Mr. Martino became very frustrated because he couldn’t get the right answer on his math test. |
| Mad | strong feeling of anger | Example:  Mr. Martino was mad at his sister for breaking his new instrument. |
| Disappointed | sadness because you didn’t get what you hoped for | Example:  Mr. Martino was disappointed that his friend had to cancel their dinner plans. |
| Surprised | feeling shocked by something or someone unexpected | Example:  Mr. Martino was surprised to open the door and see his grandma waiting for her with balloons and gifts. |
| Embarrassed | feeling awkward, self-conscious, or ashamed | Example:  Mr. Martino was embarrassed after he slipped on the ice and fell on his back. |
| Excited | strong feelings of enthusiasm and eagerness by something or someone | Example:  Mr. Martino was excited when his mom told her they were going on vacation. |
| Scared | having feelings of fear | Example:  Mr. Martino was scared to jump off the high diving board. |
| Confused | unable to think clearly; don’t understand | Example:  French always confused Mr. Martino. He just didn’t understand what everyone was saying. |
| Exhausted | feeling very tired | Example:  Mr. Martino went to school, helped his mother with supper, tutored his younger cousin, and then studied for his Science test. By 11:00pm Mr. Martino was exhausted. |
| Lonely | feeling sadness because you are alone; have no friends around | Example:  Mr. Martino always felt lonely at recess. All his other classmates played on the field while he ate on the steps alone. |
| Guilty | feeling that you are responsible for doing something wrong | Example:  Mr. Martino felt guilty after he kept the extra change the cashier accidently gave him. |
| Nervous | feeling easily tense and worried of the future | Example:  Mr. Martino was nervous to for his first day at a new school. |
| Sad/Upset | feeling unhappy | Example:  Mr. Martino was sad that his basketball team wouldn’t make the championship game after a loss of 8-6. |