

Lesson 10

Target group: Young people

L10R1



enraged • panicked
stressed • jittery • shocked
livid • furious • frustrated
tense • stunned • fuming
frightened • angry • nervous • restless
anxious • apprehensive • worried
irritated • annoyed • repulsed • troubled
concerned • uneasy • peeved

disgusted
disappointed • glum
down • apathetic • pessimistic
morose • discouraged • sad • bored
alienated • miserable • lonely • disheartened
tired • despondent • depressed • sullen
exhausted • fatigued • despair • hopeless
desolate spent • drained

surprised
upbeat • festive
exhilarated • ecstatic
hyper • cheerful •
motivated • inspired • elated
energised • lively • enthusiastic
optimistic • excited • pleased • happy
focussed • proud • thrilled • pleasant
joyful • hopeful • playful • blissful

at ease • easy-going
content • loving • fulfilled
calm • secure • satisfied
grateful • touched • relaxed • chill
restful • blessed • balanced • mellow
thoughtful • peaceful • comfy • carefree
sleepy • complacent
tranquil • cosy • serene

A set of 10 Social and Emotional Learning (SEL) lessons aimed at combatting bullying in a school environment by developing the social and emotional skills of young people aged 11-14.



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