

Relaxed

Synonyms

calm peaceful cosy stress-free tranquil cool blissful serene
composed at ease unruffled unperturbed relaxed nonchalant
casual untroubled

How might someone who is feeling relaxed talk?

uttered stated chatted agreed
gossiped discussed laughed

How might someone who is feeling relaxed move?

strolled wandered
sauntered ambled drifted
rambled roamed

What adverbs could describe how someone who is feeling relaxed might talk/ move?

languidly calmly tranquilly serenely nonchalantly coolly
casually indifferently placidly unhurriedly peacefully
smoothly

What might someone who is feeling relaxed do?

lean back in their chair lean casually against a wall smile
be calm and collected not be tense seem happy
move in a slow, calm manner

Happy

Synonyms

content glad joyful cheerful elated jovial in high spirits
overjoyed ecstatic thrilled delighted on cloud nine pleased
optimistic peaceful hopeful successful delighted bubbly
upbeat animated jovial on top of the world

How might someone who is
feeling happy talk?

gushed exclaimed cheered
bragged giggled joked
laughed boasted
chortled guffawed chuckled
snickered howled

How might someone who is
feeling happy move?

skipped danced bounced
bounded leapt strolled

What adverbs could describe how someone who is feeling happy might
talk/ move?

merrily lightly contentedly joyfully jovially ecstatically
blithely enthusiastically gleefully heartily joyously brightly
buoyantly delightedly elatedly exultantly light-heartedly
vivaciously

What might someone who is feeling happy do?

laugh smile grin clasp their hands have a relaxed body posture
have a sparkle in their eyes seem light talk louder than normal
have a bounce to their voice

Lonely

Synonyms

lost forlorn alone abandoned deserted friendless isolated
lonesome solitary cut off quiet

How might someone who is
feeling lonely talk?

sighed moaned muttered
bawled grumbled sniffled
mumbled groaned
lamented whined
whimpered

How might someone who is
feeling lonely move?

wandered trudged
plodded lumbered
traipsed
slouched moped

What adverbs could describe how someone who is feeling lonely might
talk/ move?

quietly sadly forlornly miserably unhappily
desolately disconsolately dejectedly flatly

What might someone who is feeling lonely do?

hunch down in their seat try to disappear seem unhappy
be alone avoid others talk quietly not want to talk

Sad

Synonyms

depressed gloomy miserable cheerless heartbroken
shattered demoralised gutted crushed devastated
pessimistic close to tears sorrowful downcast melancholy
downhearted mournful
despairing glum crestfallen desolate dejected
despondent

How might someone who is
feeling sad talk?

sobbed grumbled wept
fretted mumbled
muttered wailed cried
sobbed
whimpered sniffed
sniffled bawled mewled
blubbered whined

How might someone who is
feeling sad move?

trudged plodded
lumbered traipsed
dragged [himself] slouched
moped

What adverbs could describe how someone who is feeling sad might talk/
move?

slowly lugubriously miserably sadly downheartedly
despondently despairingly dejectedly dismally dolefully
gloomily joylessly morosely sorrowfully listlessly flatly

What might someone who is feeling sad do?

cry have a downturned mouth hunch down in their chair
have a lack of sparkle in their eyes not look at people glare
set their mouth not want to talk to others seem listless

Frightened

Synonyms

terrified alarmed startled upset panicky worried
distressed
distraught troubled in a state worked up afraid fearful
terror-struck horror-stricken shaking like a leaf shake
uneasy jittery jumpy gutless spineless

How might someone who is
feeling frightened talk?

stuttered gulped wailed
gasp ed stammered
whispered stuttered
babbled cried screamed
whimpered shrieked
caterwauled yelped
squealed shrieked
squawked

How might someone who is
feeling frightened move?

rushed twisted his hands
sped ran shook
trembled scurried darted
scuttled

What adverbs could describe how someone who is feeling frightened
might talk/ move?

uneasily shakily worriedly uneasily anxiously warily
fearfully agitatedly skittishly tensely tremulously
pusillanimously faint-heartedly apprehensively
timorously hesitantly

What might someone who is feeling frightened do?

shake breathe quickly speak quickly hug their arms panic
try to make themselves as small as possible widen their eyes
have flaring nostrils bite their lip twist their hands together
their eyes might dart from side to side take shaky breaths

Brave

Synonyms

adventurous audacious confident courageous daring
fearless foolhardy gallant heroic reckless spirited strong
valiant lionhearted plucky

How might someone who is
feeling brave talk?

announced retorted
declared boomed
stated broadcasted
bellowed

How might someone who is
feeling brave move?

strutted strolled bounded
bounced strode paraded
swept flounced
swaggered

What adverbs could describe how someone who is feeling brave might
talk/ move?

confidently audaciously daringly fearlessly recklessly
valiantly gallantly heroically charismatically assuredly
boldly

What might someone who is feeling brave do?

puff out their chest seem relaxed and confident smile grin
walk and sit upright be full of energy be full of self-belief

Angry

Synonyms

annoyed irritated fuming livid cross irate frustrated
enraged outraged infuriated incensed up in arms
aggressive hostile bitter irritable apoplectic

How might someone who is
feeling angry talk?

snapped yelled boomed
shrieked growled bellowed
screamed

How might someone who is
feeling angry move?

stomped stamped
slammed crashed stormed
thumped thudded

What adverbs could describe how someone who is feeling angry might
talk/ move?

irately furiously angrily aggressively fiercely
menacingly heatedly indignantly hotly savagely violently
crisply irritably tempestuously wildly testily

What might someone who is feeling angry do?

clench their fists scream hit something kick something
storm out of a room pace stomp around frown snort
growl furrow their brow glare their nostrils might flare
breathe in short, sharp bursts turn red

Worried

Synonyms

fearful scared anxious insecure weak rejected threatened
helpless overwhelmed inadequate inferior worthless
insignificant excluded persecuted nervous exposed

How might someone who is
feeling worried talk?

stammered stuttered cried
wailed sobbed muttered
spluttered babbled

How might someone who is
feeling worried move?

shook ventured huddled
hesitated shivered hurried
huddled hunched

What adverbs could describe how someone who is feeling worried might
talk/ move?

fearfully anxiously helplessly nervously worriedly
apprehensively

What might someone who is feeling worried do?

bite their lip chew the inside of their mouth hug their arms
make themselves small breathe more quickly than normal
chew their fingernails seek reassurance
take shaky breaths

Shy

Synonyms

bashful timid reserved sheepish introverted withdrawn
reluctant insecure unassertive quiet meek coy
dubious tentative
uncertain uncomfortable shrinking modest apprehensive

How might someone who is feeling shy talk?

whispered muttered
murmured queried
mentioned

How might someone who is feeling shy move?

ventured moped
slouched huddled hid
hunched

What adverbs could describe how someone who is feeling shy might talk/move?

shyly quietly timidly meekly quietly reluctantly
apprehensively diffidently timorously dubiously
uncomfortably unassertively hesitantly

What might someone who is feeling shy do?

try to make themselves disappear avoid other people
hug their arms speak quietly avoid speaking stand alone
want to join in but not feel confident to fiddle with their hands