

Word Bank

Written by Lyn French, Director of A Space for Creative Learning and Support

The following words can be used in conjunction with our Emotional Learning Cards series *What do you Feel?* *Who are you?* *Where are you going?* and *How do we live well with others?* Cut along the dotted lines and display shuffled and upturned on a flat surface to inspire connections between the images on the cards and the emotions they might illicit.

Purchase the cards online at: www.inivacreativelearning.org

Feeling left out	Feeling hurt and upset
Missing out	Feeling angry and tearful
Feeling overwhelmed and unable to cope	Feeling joyful and confident
Feeling unheard	Exploding feelings

Feeling one has to behave, think and feel 'like a boy' or 'like a girl'	Feeling insecure and vulnerable
Needing comfort, soothing and reassurance	Wanting to hide from the world
Feeling like we want our mother (no matter how old we are)	Feeling very embarrassed and wanting to disappear
Missing and being missed	Feeling misunderstood
Not fitting in	Feeling light as a feather and without a care in the world
Feeling unfairly treated	Standing out from the crowd

Feeling 'stepped on' or 'squashed'	Feeling overlooked
Feeling invisible	Feeling 'from another planet'
Feeling on shaky ground	Feeling the whole world is about to tumble down
Feeling like one has stepped into a whole new world	Feeling pushed around
Feeling anxious	Feeling flooded by fear

Feeling envious	Feeling let down
Finding it hard to take in good feedback	Wanting to block out what is being said
Wanting to hide a reaction	Feeling one had better not cry
Feeling not good enough	Feeling one belongs to an 'alien' family
Feeling a sense of belonging	Feeling comforted by objects with special meaning
Feeling frustrated	Feeling confident and valued
Feeling alone	Feeling proud to Be different

Accepting family histories	Feeling frustrated
Enjoying and valuing family relationships	Having meaningful relationships
Holding onto good memories	Letting go of difficult times
Juggling opposite feelings	Too shy to be seen and heard
Valuing creativity and imagination	Feeling secure and content

The following words can be used in conjunction with Emotional Learning Cards set *Who are you where are you going?* or any of our cards.

Nurturing stories	Finding shelter
Shifting histories	Family ties family recipes
Journeying alone	In touch with our motherland
Trailing the past behind us	Broken
Walking through histories	Missing our childhood

Travelling afar but taking home with us	Shameful feelings Hurting and being hurt
Communicating sensitively	Fragile connections
Being playful	Not recognising ourselves
Our history is in our veins	Tangled up in the past (hard to move on)
Creative Solutions	Not knowing where to call home
Hopes destroyed	Free of expectations

<p>Trusting we will be held</p>	<p>Safe with loved ones</p>
<p>Painful histories</p>	<p>Conflicting Loyalties</p>
<p>Taking 'home' with us</p>	<p>Wanting close relationships</p>
<p>Seeing things from new perspectives</p>	<p>Feeling protected and secure</p>
<p>Wanting freedom</p>	<p>Afraid of making choices</p>

<p>Not sure of our roots</p>	<p>Joining up Histories</p>
<p>Our past is always with us</p>	<p>Deciding who we want to be</p>
<p>Confused about our identity</p>	<p>Being pulled in different directions</p>
<p>No place called home</p>	<p>Long journeys, Lost friends</p>
<p>New places, new people, new connections</p>	<p>Mapping feelings</p>

No known path	Finding our way
Trapped in life	Wanting protection
Needing to escape	Trying to blend in
Drifting apart	Wanting to belong

The following words can be used in conjunction with Emotional Learning Cards set *How do we live well with others?* or any of our cards.

Feeling left out	Confusion in the family
Feeling 'not good enough'	Wanting to be on top
Imagining we are talked about	Feeling betrayed
Sharp remarks hurt	Disowning our destructive feelings
Using language as a weapon	Wanting to be part of a special group

Seeing ourselves as important	Being erased from history
Wanting to disappear	Hoping to be seen
Lost between cultures	Inspired by difference
Desperate to get in	A place for everyone
Fighting to survive	Valuing mixed heritage
Overwhelmed by the world	Accepting the ups & downs of life

Being forced to blend in	Finding our 'tribe'
Confused about our family culture	Feeling held & contained by our family history
Spaces that don't fit together	Making our own place in the world
Talking to avoid real conversation	Sharing personal stories
Ashamed of where we live	Knowing that 'home' is about relationships, not buildings

<p>Feeling left out of important relationships</p>	<p>Accepting those we are close to will have other relationships of value</p>
<p>Feeling on the margins of life</p>	<p>Enjoying an 'outsider's' position</p>
<p>Denied access to people or to places we value</p>	<p>Making meaningful connections</p>
<p>Using compliments with hidden meanings to hurt or wound others</p>	<p>Protecting those we are close to</p>
<p>Weighed down by our family history</p>	<p>Feeling proud of our family history & secure in our connections</p>

Feeling controlled & silenced	Having a voice
Standing alone in the world	Knowing our worth
Destroying the old	Making space for the new
Not missed by anyone	Knowing we are valued
Fading memories	Lasting memories
Knocked out	Validated

Living in a bubble	Staying in touch with reality
Trapped by our responsibilities	Making the most of life
Unrealisable expectations	Setting realistic aims
Separated by differences	Bridging differences



in partnership with A Space

What did you think of this resource? We want to hear from you...

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About Iniva Creative Learning

Iniva Creative Learning is a not-for-profit partnership between [A Space](#) (arts and therapy service, Hackney) and [Iniva](#) (the Institute of International Visual Arts). We share a commitment to producing art-based resources and delivering initiatives which promote emotional learning, personal development and psychological growth.

Emotional Learning Cards

It is now widely recognised that well-being in every part of life depends on successfully building understanding, insight and emotional resilience. **A Space** and **Iniva** have been co-publishing **Emotional Learning Cards since 2008** and they now occupy a leading position in the growing fields of **emotional learning and psychological therapies**.

Each boxed set of Emotional Learning Cards includes 20 cards:

- **On the front:** visually rich images of a contemporary artwork by a variety of culturally diverse and emerging artists known for their engagement in social or political enquiry.
 - **On the back:** open questions and discussion prompts around the theme 'What do you feel?', 'Who are you? Where are you going?' and 'How do we live well with others?' for group or one-to-one use.
- Suggestions for using the cards in different contexts such as school, home, gallery workshops and individual or group therapy settings are offered in a **fold-out leaflet**.