

*Dr. Color Monster and the
Emotions Toolkit*

VOCABULARY

Word	Student-friendly definition
companion	Someone you spend a lot of time with
dazed	To be unable to think clearly, especially because of a shock
discomfort	A feeling of slight pain
dissolve	To become smaller or weaker before disappearing
regulate	To control an activity with rules
relax	To rest or do something that is enjoyable
sensation	A feeling you get from one of your five senses
unpleasant	To not be enjoyable