

# Find My Feelings

## WORDSEARCH

Emotions are a tricky thing sometimes. One way we can cope is to increase our vocabulary so that we can express our feelings.

Try the wordsearch below to find common words for feelings.

Have you ever experienced these feelings before?



- |           |             |            |             |            |
|-----------|-------------|------------|-------------|------------|
| angry     | depressed   | frustrated | lovestruck  | shocked    |
| anxious   | disgusted   | guilty     | nervous     | shy        |
| ashamed   | embarrassed | happy      | numb        | silly      |
| bored     | enraged     | hopeful    | overwhelmed | surprised  |
| cautious  | estatic     | hysterical | sad         | suspicious |
| confident | excited     | jealous    | scared      | worried    |
| confused  | exhausted   | lonely     |             |            |