

Speak from the Heart *Word Finder*

Put your **Feelings** into *Words*

Be a feelings detective:



Find the **word** that expresses the **feeling**. Put a star by any feelings that you have had today. Put a check by feelings that you have observed in others. Add new words in the blank spaces.

Happy
pleased
proud
confident
calm
sympathetic
friendly
loved
understood
fortunate
excited

hopeful
content
optimistic
appreciated



left out
unhappy
sorrowful
discouraged

Sad
blue
lonely
guilty
ashamed
embarrassed
remorseful
disappointed
hopeless
depressed
miserable



Unsure
nervous
worried
scared
shy
insecure
suspicious
surprised
shocked
mixed-up
confused



anxious
stressed
afraid
uneasy



impatient
outraged
offended
aggravated

Mad
annoyed
disapproving
fed-up
jealous
determined
defiant
disgusted
frustrated
angry
furious