

Feelings Word Search

Use this word search to find the words that describe how you feel.
Ask a grown up if you do not know what these feelings mean.

J X H I O G O C T N T E L N T
R E L I E V E D M X W V S M I
R Z C B E I Q U I M B I A G R
H O P E F U L G W J Y A D U E
W O V E R W H E L M E D N I D
V Q A V M C N L E T M U C L H
D F G M K C O N F U S E D T A
A N X I O U S A B I G V G Y P
O Q L C W O R R I E D L U S P
A Z J L H S L O N E L Y X A Y
U U M I A S H A M E D T Q F Q
Y D I S A P P O I N T E D E D
W E G B G E J V S C A R E D J
C K G G Q A N G R Y G C O H J
E N N J X C A P S H O C K E D

- Disappointed
- Relieved
- Hopeful
- Scared
- Guilty
- Safe
- Confused
- Anxious
- Ashamed
- Lonely
- Tired
- Overwhelmed
- Shocked
- Worried
- Angry
- Happy
- Sad