



# Feelings Word Search

**Instructions.** Select and print your puzzle below. Spend time discussing the meanings as your child hunts for each new word.

## Reflection Questions.

Describe a time when you have experienced the emotions in your puzzle.

How are the emotions in your puzzle different from one another?

Can you think of a time when you have felt embarrassed?

What about guilty?

Have you noticed these feelings in others?

Why does it matter what name we give our feelings?

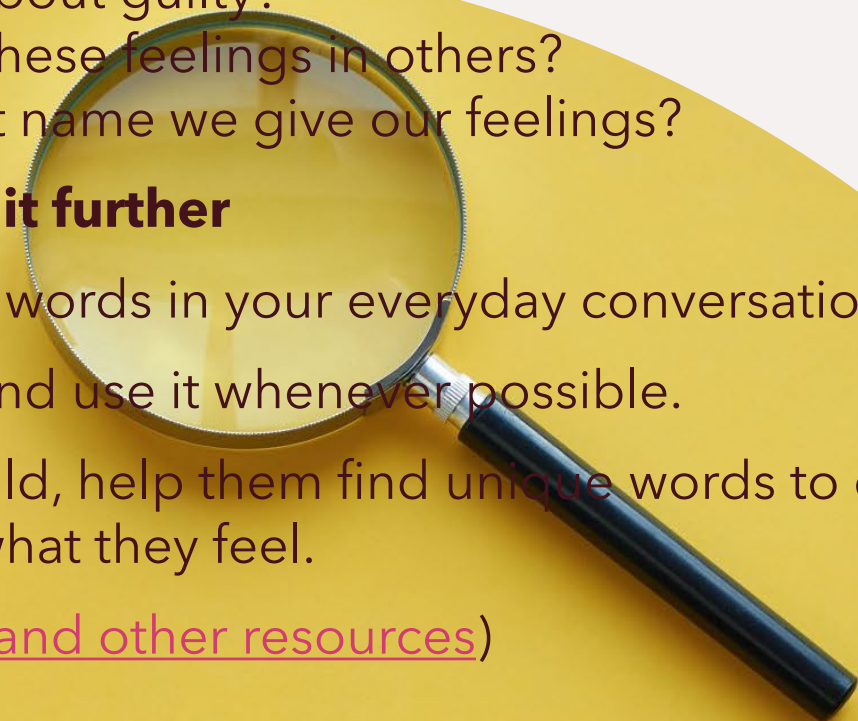
## Take it further

Practice using a variety of feelings words in your everyday conversations.

Pick a word of the day and use it whenever possible.

When you notice an emotion in your child, help them find unique words to describe exactly what they feel.

([Activity source and other resources](#))





## More than Happy

Take a look at these feeling words and their meanings. Can you think of a time when you have felt courageous? What about proud? How does it feel different to be jubilant rather than glad? Have you noticed these feelings in others? When you've found all of the words in the puzzle below, pick a favorite from the list to start using more often.

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

**Appreciated:** important, cared about, noticed, loved

**Calm:** peaceful, not worried, content

**Courageous:** brave, unafraid, heroic

**Friendly:** neighborly, outgoing, kind

**Glad:** happy

**Gleeful:** cheery, very happy

**Jubilant:** very happy, joyful, so happy you're doing handsprings

**Optimistic:** hopeful that something good will happen

**Proud:** pleased or satisfied with yourself and/or something you did

## Beyond Sad

There are many different ways to feel bad beyond simply being sad. In fact, there are a lot of other feelings that can be confused with sadness. Take a look at these feeling words and their meanings.

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

**Afraid:** filled with fear

**Disappointed:** saddened by the failure of an expectation

**Embarrassed:** self-conscious, uncomfortable due to a feeling of not fitting in

**Exhausted:** extremely tired, weary, worn out

**Frustrated:** disappointed, unable to do something

**Hopeless:** pessimistic, believing nothing good can happen

**Lonely:** without friends or family to share time with

**Mad:** angry, resentful

**Regretful:** sorry or ashamed of something

**Rejected:** feeling not accepted or liked by others

**Worthless:** having no purpose or talents, powerless, unable to do anything worthwhile