

# 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