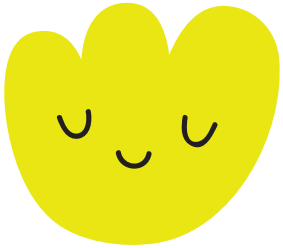


Writing About Feelings



In each moment, we may feel a variety of feelings, or emotions. Feelings come and go, and talking and writing about them can help us see that feelings and emotions are visitors, like passing clouds on a sunny day.

Step 1: From the list below, circle 10 descriptive emotion words to write about.

Descriptive Emotion Words

amazed	determined	insecure	proud
amused	disgusted	irritated	relieved
angry	eager	jealous	sad
annoyed	embarrassed	joyful	satisfied
anxious	energetic	lonely	scared
ashamed	envious	lost	self-conscious
bold	excited	loving	silly
bored	foolish	miserable	terrified
brave	frustrated	motivated	uncomfortable
comfortable	furios	overwhelmed	wistful
confused	hopeful	peaceful	worried
content	hurt	pessimistic	

Step 2: After selecting your 10 words from the list, use the spaces on pages 2 and 3 to write about a time when you have felt each emotion. Explain to a family member or caring adult how you felt and where you felt the emotion in your body.



Writing About Feelings

Write about a time you have felt the emotions you selected on page 1 in the spaces below.



1. _____

2. _____

3. _____

4. _____

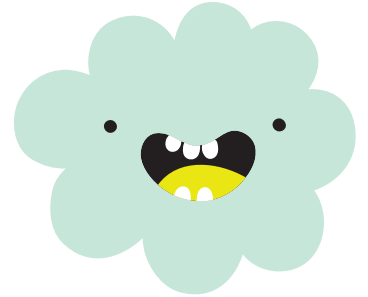
5. _____



Writing About Feelings

Write about a time you have felt the emotions you selected on page 1 in the spaces below.

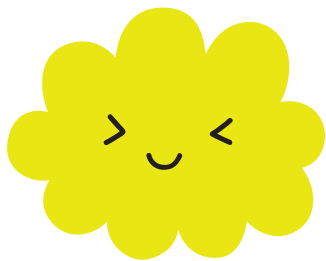
6. _____



7. _____

8. _____

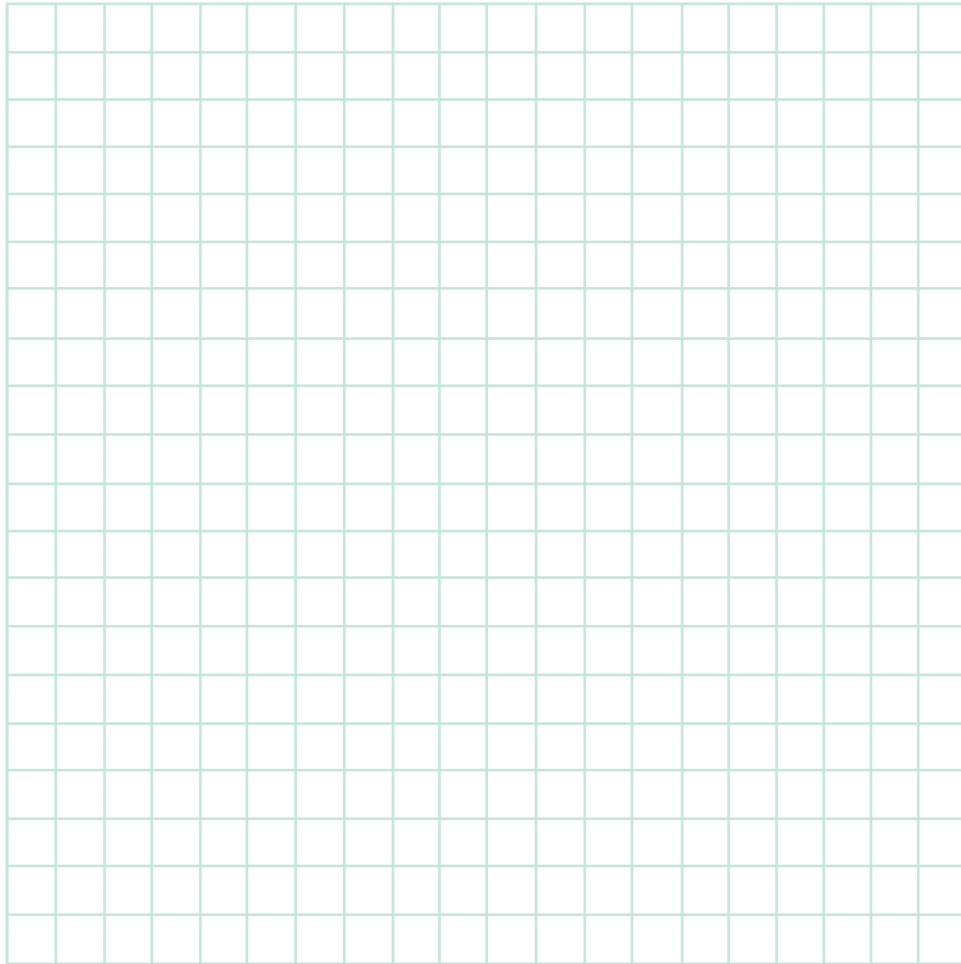
9. _____



10. _____

Design a Word Search Puzzle

Step 3: Use the grid below to design a word search puzzle with the 10 words you selected on page 1. Surround them by letters so that the words are hidden! Then ask a family member, friend, or caring adult to solve the puzzle, referring to the word bank for clues. Be sure to write your 10 chosen words in the Word List below.



Solve the puzzle by circling the words listed in the word list!



Word List

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____