



EMOTIONS

Word Search

Find the hidden words.

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

EXCITED

HAPPY

LOVED

NERVOUS

AFRAID

SAD

FRIGHTENED

SURPRISED

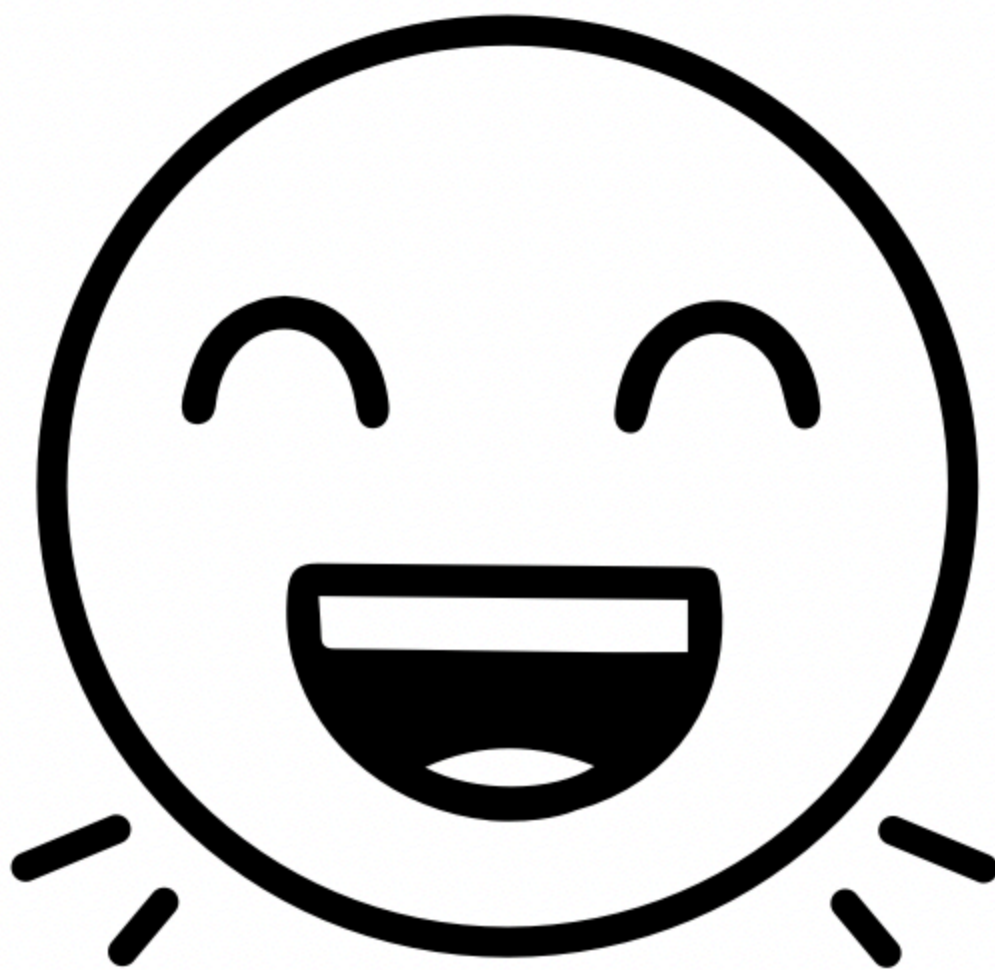
ANGRY

DISGUST

ENVY

Name _____

Color the face



Expressing yourself through journaling



1. Identify the emotion
2. Try to think of when you felt the emotion pictured in each box
3. write two sentences explaining how you felt and what happened

1



2



3.



4.