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

**Sad**
- left out
- unhappy
- sorrowful
- heavy-hearted
- blue
- lonely
- guilty
- ashamed
- embarrassed
- remorseful
- disappointed
- hopeless
- depressed
- miserable

**Unsure**
- nervous
- worried
- scared
- shy
- insecure
- suspicious
- surprised
- shocked
- mixed-up
- confused

**Mad**
- impatient
- outraged
- agitated

**angry**
- anxious
- stressed
- afraid
- uneasy

Annoyed
- fed-up
- jealous
- determined
- defiant
- disgusted
- frustrated

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