

Exploring Emotions: Word Search

Find the words in the list.

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

Word Bank

EMOTIONS

FEELINGS

SCARY

EXCITEMENT

DISAPPOINTMENT

RELIEF

WORRIED

PRIDE

HAPPY

BOREDOM

UNCOMFORTABLE

MINDFULNESS

Answer Key

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