

Exploring Emotions: Word Search

Find the words in the list.

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

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