

Feelings

d v f h l a t y b s a d
s n o h o p e f u l t x
c f r v n u x i s v e b
a w t n e e c i n p a o
r g w r l a i k e s r b
e n x r y m t w r u f i
d e u e r j e a l o u s
g r a i t v d s e t l a
s v v f a f r a i d k n
w o r r i e d y b d o g
n u u d s h y k b t i r
j s e f w r i h a p p y

angry

sad

happy

scared

worried

nervous

hopeful

excited

jealous

lonely

tearful

shy

afraid



We all experience different feelings throughout our lives. Our feelings can change from minute to minute, day to day, week to week, month to month and year to year.

Circle the feelings that are hidden in the word search - think about whether you hide them from yourself or from others.

- Which emotions can you see straight away? Which are hidden?
- Which emotions are obvious to you because you are aware that you feel them?
- Which emotions are hidden away? Can you understand why they are hidden, and what may make you hide them away from yourself or others?
- How can you show those emotions and get rid of them when they make you feel bad?

You could try:

- Talking to your friends, family, or teacher.
- Exercising – when you are active you produce happy hormones which can help you when you feel negative emotions. You may be able to deal with them better when your body is feeling more positive.
- Relaxing and being calm – think about how you feel and let yourself feel these emotions when you are in a safe and relaxed space.
- Writing the emotion on a piece of paper and putting the paper in the bin.