

Name: _____

Date: _____

Emotions

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

Disappointed
Frustrated
Jealous
Scared
Shame
Grief

Embarrassed
Contempt
Excited
Joyful
Guilt
Anger

Overwhelmed
Insecure
Anxiety
Stress
Happy
Hurt

Threatened
Helpless
Sadness
Lonely
Tired