

# Feelings



**People** sometimes use drugs to change the way they feel. We all have many different feelings and we can learn positive ways to express and handle these feelings.

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

- |              |                |
|--------------|----------------|
| AFRAID       | INTERESTED     |
| ALONE        | JEALOUS        |
| ANGRY        | JOY            |
| BORED        | KIND           |
| CONFUSED     | LONELY         |
| DISAPPOINTED | LOVE           |
| EMBARRASSED  | <del>MAD</del> |
| EXCITED      | MOOD           |
| FEAR         | PAIN           |
| FEELING      | PROUD          |
| FRUSTRATED   | SAD            |
| GENEROUS     | SAFE           |
| GRUMPY       | SCARED         |
| GLAD         | SORRY          |
| GUILTY       | SURPRISED      |
| HAPPY        | TIRED          |
| HATE         | WEIRD          |
| HOPEFUL      |                |
| HURT         |                |

**Find and circle** all the feelings words\*. Find the remaining letters to discover a **hidden message!**

\* Words run horizontally, vertically and diagonally. Some words are written backwards.