Sometimes it’s hard to say how you feel. Maybe you can’t think of the word to describe what’s going on or maybe you just don’t feel well enough or in the mood to talk about it. Use this puzzle to help let others know what you are going through, inside and out.

Find Your Feelings-Jr Matching Game

GOOFY
FRUSTRATED
PROUD
HAPPY
MAD
SICK
SAD
DISAPPOINTED
HURT
AMAZED
CONFUSED
SLEEPY
SCARED
EXCITED

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