

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.



THE MASTOCYTOSIS SOCIETY

Mast Cell Disorders

Find Your Feelings-Jr

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

AWKWARD
BAD
BOLD
BORED
BRAVE
CONFIDENT
CONFUSED
DETERMINED
EMBARRASSED
ENERGETIC
EXCITED

GOOFY
HAPPY
HURT
INSPIRED
INTERESTED
ITCHY
JOYFUL
LONELY
LOVED
MAD
NERVOUS

POSITIVE
PROUD
SAD
SCARED
SENSITIVE
SICK
SILLY
SORE
STRONG
TIRED
UNCOMFORTABLE