

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