



## More than Happy

Take a look at these feeling words and their meanings. Can you think of a time when you have felt courageous? What about proud? How does it feel different to be jubilant rather than glad? Have you noticed these feelings in others? When you've found all of the words in the puzzle below, pick a favorite from the list to start using more often.

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

**Appreciated:** important, cared about, noticed, loved

**Calm:** peaceful, not worried, content

**Courageous:** brave, unafraid, heroic

**Friendly:** neighborly, outgoing, kind

**Glad:** happy

**Gleeful:** cheery, very happy

**Jubilant:** very happy, joyful, so happy you're doing handsprings

**Optimistic:** hopeful that something good will happen

**Proud:** pleased or satisfied with yourself and/or something you did