

How Do You Feel?

Name: _____ Date: _____



Happy



Sad



Angry



Scared



Tired



Frustrated



Calm



Excited



Shy



Loved



Poorly



Worried

💡 How to use this

Put it somewhere your child can reach when feelings run high.

Name your own feelings out loud too: "I feel a bit frustrated."

When they're upset, gently ask them to point to how they feel.

Once a feeling is named, it's much easier to help — "You feel angry. Let's take a big breath."

Pairs with our free **Big Feelings program** at inclusivetherapycentre.com/home-programs