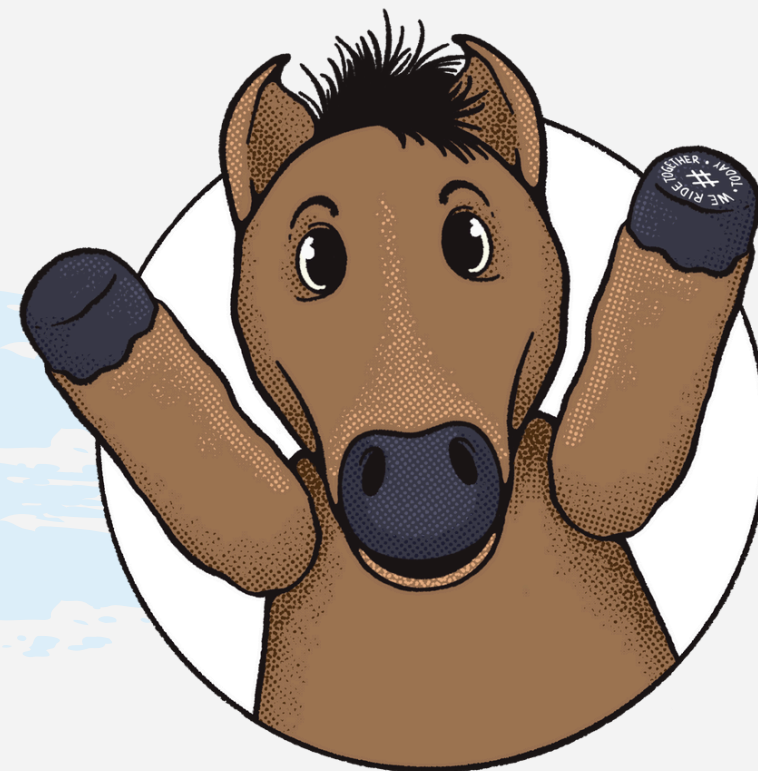


FEELINGS & Emotions



Use this chart to help identify and learn about your feelings. Ask a safe adult for help if needed.

HOW DO I FEEL?



Mad



Worried



Sad



Silly



Lonely



Sick

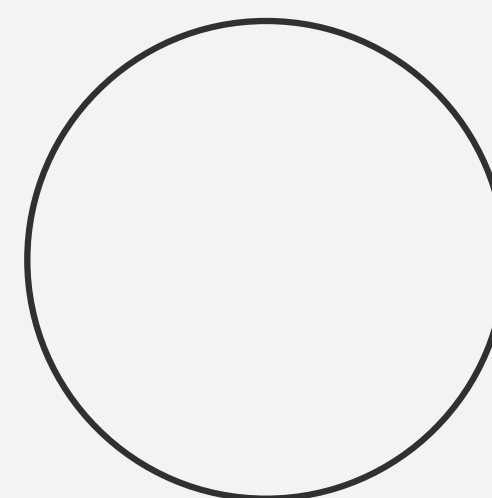


Happy

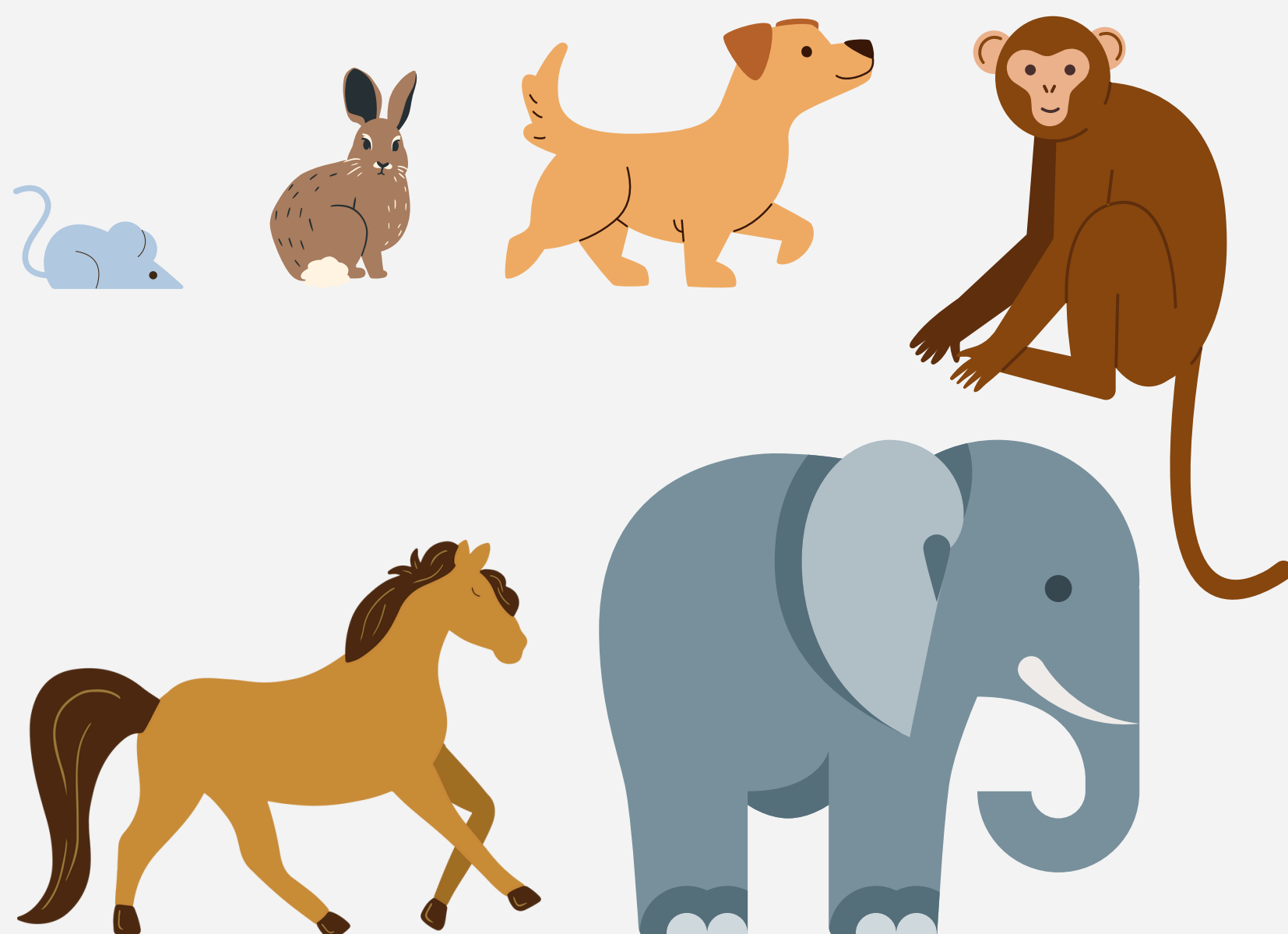


Tired

Draw how you feel...



HOW BIG ARE MY FEELINGS?



Circle the size of your feelings...

I FEEL IT IN MY...



Head?

Neck?

Heart?

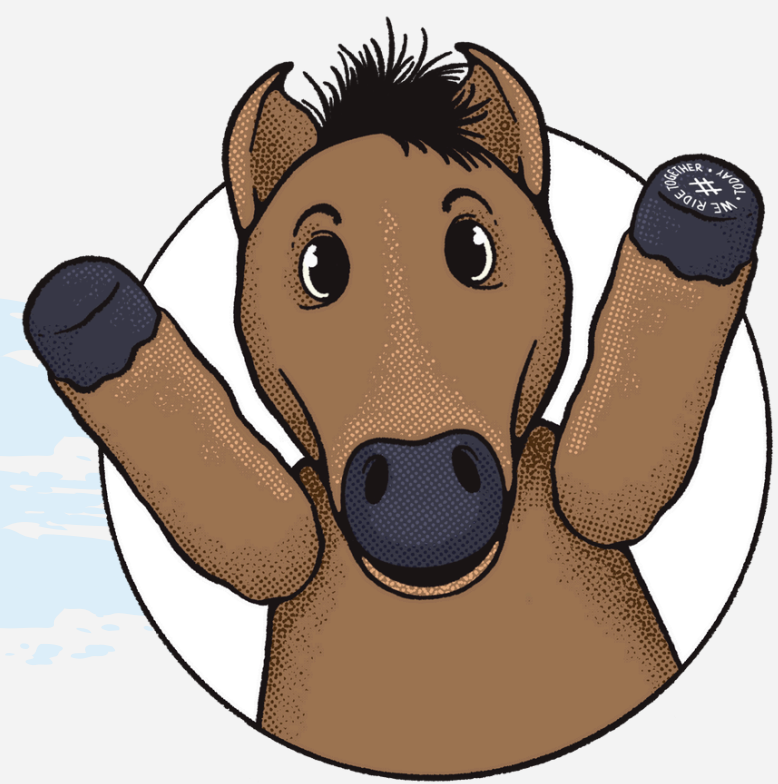
Tummy?

Hands?

Legs?

Color where you feel it...

FEELINGS & Emotions



HOW AM I ACTING?

Circle all that apply...

Calm	Energized	Clingy	Crying	Slamming Doors
Smiling	Pacing	Shut Down	Crossing Arms	Hitting
Laughing	Stomping	Depressed	Throwing Things	Kicking
Sleepy	Yelling	Avoiding	Scowling	Clenching Fists
Talking	Running	Looking Down	Whispering	Refusing
Singing	Dancing	Hiding	Not Talking	Shaking
Jumping	Wiggling	Moving Slowly	Laying Down	Covering Eyes or Ears
Engaged	Restless	Walking Away	Sitting Still	Holding Stuffed Animal

WHAT AM I THINKING?

WHAT DO I NEED?

Circle all that apply...

Talk to Someone	Cuddle	Count to Ten	Go for a Walk	Lay Down
Dance	Run	Read a Book	Sing	Watch a Movie
Play a Game	A Hug	Take a Bath	See my Friend	A Snack
Be Alone	Play with a Pet	Be Outside	A Drink	_____