

BARE.

Naming my feelings.

The 'Naming My Feelings' worksheet can be a gentle guide to help children understand their emotions. The activity starts with figuring out how they feel. This will then encourage the child to describe their feelings and explore different healthy ways to respond with your guidance.

The goal of this activity is to introduce common emotion words and simple coping techniques. This is especially helpful for grieving children who are facing strong emotions that are often difficult to express.

The worksheet can be printed out. If you don't have access to a printer, you can instead write these prompts out in any notebook or piece of paper.

Important disclaimer

This worksheet is not a substitute for professional medical or psychological help. If a child you support is struggling with their grief and/or have concerns about their mental health please seek support from a professional.

For 24/7 crisis support, you can visit lifeline.org.au or call 13 11 14

Naming my feelings.

I feel...

Happy	Mad	Sad	Glad
Worried	Excited	Bored	Scared
Annoyed	Upset	Sick	Nervous
Unsure	Anxious	Confused	Numb

I feel this way because...

This is what I did about it...

Something else I could have done...

Ask for help	Take deep breaths	Walk away
Do something else	Tell an adult	Talk to a friend