Emotions Worksheet

Name it, find it in your body, choose what helps. A feelings check in for kids.



WHY IT HELPS

Children often feel a lot before they have words for it. Pointing to a face and coloring a body outline gives them a way to say what is going on, and a short list of ideas turns the moment into something they can do.

HOW TO USE IT

Point	Circle a face and how big it is.
Color	Color where it shows up in the body.
Choose	Pick one thing that helps and try it.

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Name your own feelings out loud too. Children learn feeling words by hearing the adults around them use them.

MY NAME AND THE DAY

Ava, Tuesday after school

1 How I feel

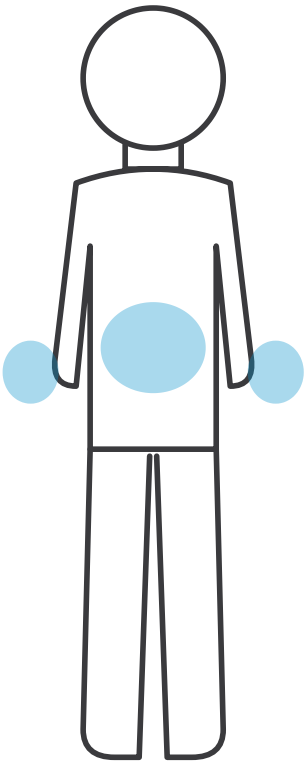
Circle a face. You can pick more than one.

Happy	Sad	Angry	**Worried**	Scared	Excited
Calm	Tired	Silly	Proud	Lonely	Frustrated

HOW BIG IS IT? Small | Medium | **Big**

2 Where I feel it

Color the spots.



3 What happened

I did not get picked for the game at recess.

4 What my feeling needs

To play with someone tomorrow.

5 What helps

A hug | **Draw or color** | Slow breaths | A quiet spot | Talk to a grown up | Move my body

SOMETHING ELSE

MY NAME AND THE DAY

1 How I feel

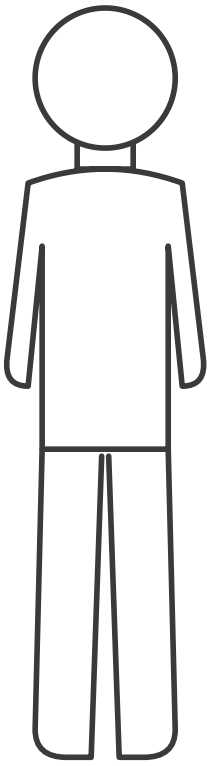
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5 What helps

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SOMETHING ELSE

What helps menu

Tick the ideas that work for you. A grown up can help you try one when a feeling is big.

When I want to calm down

- [ ] Five slow breaths
- [ ] Squeeze a pillow
- [ ] Sit in a quiet spot
- [ ] Wrap up in a blanket
- [ ] Count to ten
- [ ] Hug a soft toy

When I want to cheer up

- [ ] Play outside
- [ ] Draw or color
- [ ] Put on music
- [ ] Call someone I love
- [ ] Read a book
- [ ] Dance

My own ideas

My week of feelings

Tick one face in the morning and one after school or later in the day.

Happy Calm Worried Sad Angry

DAY	MORNING	AFTER SCHOOL	WHAT HELPED
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

A FEELING I WANT TO TALK ABOUT

Grown up review

Look over the week with your child. Write what you both notice, in their words where you can.

FEELINGS THAT CAME UP MOST

TIMES OF DAY OR PLACES THEY SHOWED UP

WHAT HELPED MOST

CHANGES IN SLEEP, EATING OR PLAY

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.

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