# 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. |

## INSIDE


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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

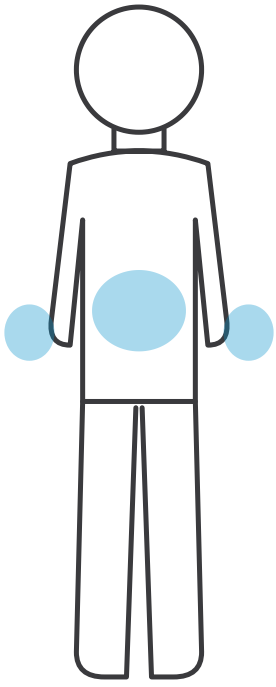
Circle a face. You can pick more than one.

| | | | | | |
|---|---|---|---|---|---|
| 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

Circle a face. You can pick more than one.


Happy


Sad


Angry


Worried


Scared


Excited


Calm


Tired


Silly


Proud

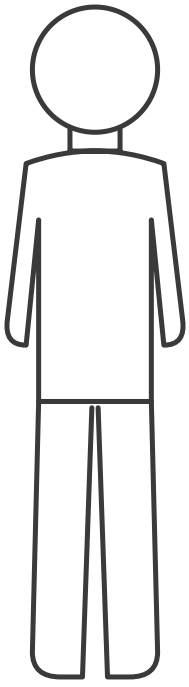

Lonely


Frustrated

HOW BIG IS IT? Small Medium Big

## 2 Where I feel it

Color the spots.



## 3 What happened

## 4 What my feeling needs

## 5 What helps

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

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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