

Feelings Chart



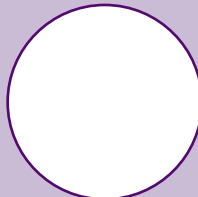
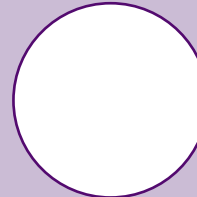
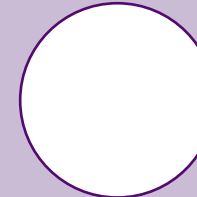
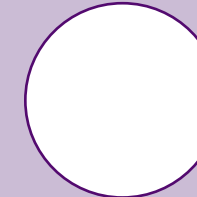
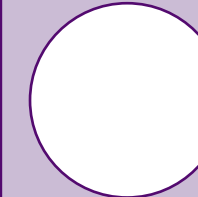
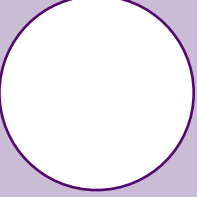

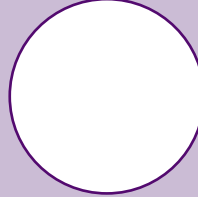
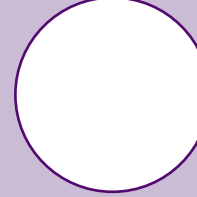
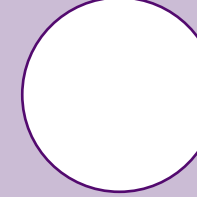
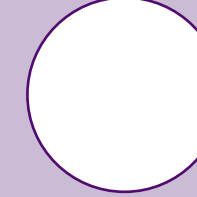
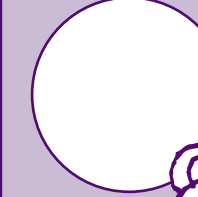


At the end of the day, ask your child:
*What happened today? What did you do? How did you feel?
 What happened to make made you feel that way?*

Have your child draw a face in the chart and write a word describing the feeling.

Talk about your own day and how you felt as you also draw a face and write a word in the chart.

-  **confused**
-  **afraid**
-  **happy**
-  **grumpy**
-  **angry**
-  **sad**
-  **disappointed**
-  **silly**
-  **proud**
-  **excited**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CHILD							
GROWN-UP							

Child's Name _____

Grown-Up's Name _____

If your child is feeling bad, ask: "What do you think would make you feel better?"

