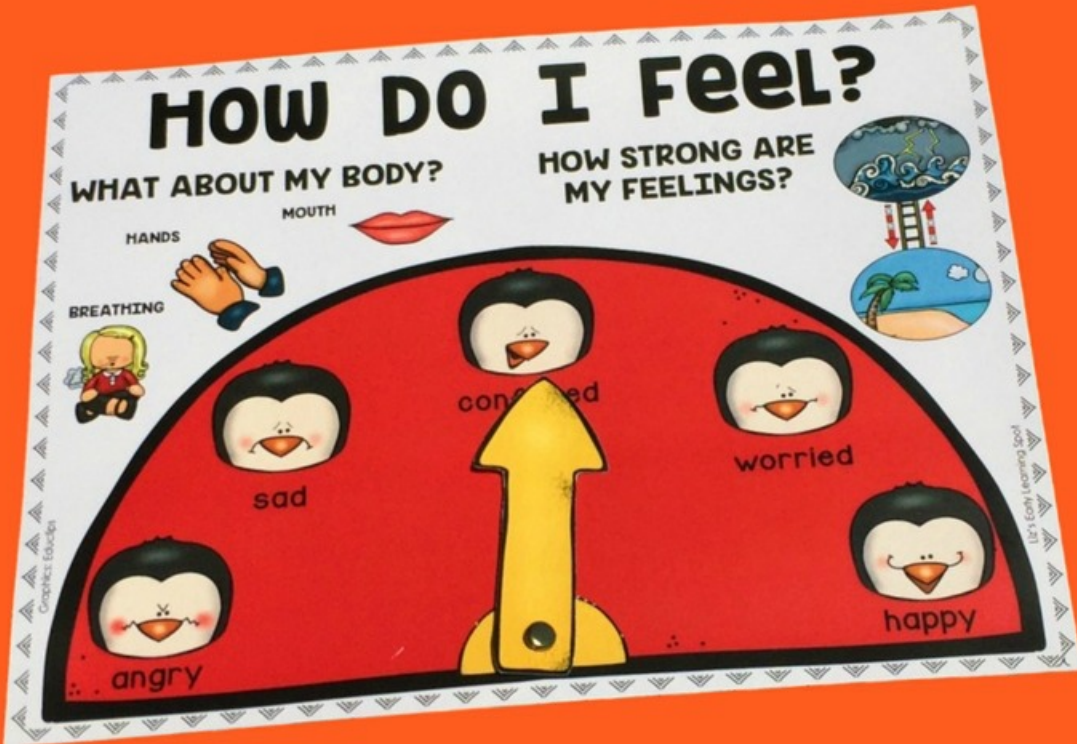


HOW DO I FEEL?

An Emotions Chart



FREE!

Empowering kids!

LIZS-EARLY-LEARNING-SPOT.COM

I hope your kids really enjoy using this emotions chart!
If you have any questions or concerns regarding this product please contact me at lizearlylearningspot@gmail.com

Liz

TO PURCHASE CALMING CARDS CLICK HERE!



CHECK OUT THIS PODCAST FOR IDEAS FOR YOUR CLASSROOM (& HOME)

FOR MANY, MANY FREE RESOURCES, CLICK HERE!



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TEACHER/PARENT NOTES

1. Choose between the coloured or black and white versions and print this page (for the arrow) and the emotions chart page onto card.
2. Print the penguin emotions cards if you wish to use them.
3. Laminate these if you wish.
4. Punch holes in the arrow & semicircle and attach with a brad or split pin.
5. Talk about the different emotions the penguins are displaying.
 - How can we tell what they're feeling?
 - What might have made them feel that way?
 - What makes you feel that way?
 - What does my body do when I'm feeling these different emotions? Does my mouth purse? Can you see my teeth? Are my eyebrows drawn to the centre? Are my hands clenched? Is my breathing calm or am I taking short, quick breaths?

Click on these links for more in depth articles and free printables for dealing with emotions and anger management.

- **23 free calming strategy cards** (this is the most popular post on this site): In English, Estonian & Icelandic.
- **How to Calm an Angry Child:** A research-based post/podcast
- **10 Activities and 10 Youtube Songs to Explore Emotions**
- **Talking about Feelings with Five Little Ducks**

Using the three sections

You can choose to use all three sections at once, or just one section depending on the needs of your child. However, all three will help a child think about what they're experiencing and give them clues as to how they might manage their emotions.

1. What am I feeling?

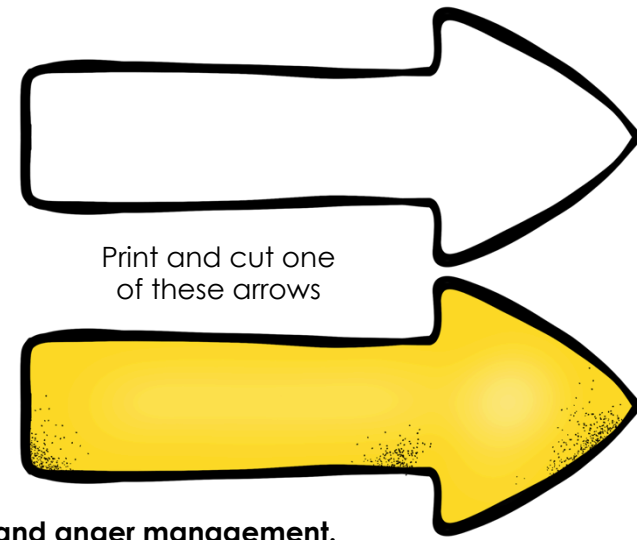
- ✧ Go through the emotions on the chart – maybe not all at once, until your child understands what each emotion means. Read emotional-type picture books together, or watch some cartoons. Can your child explain what some of those characters are feeling? Is that affecting their decisions or actions in the book or on the TV?
- ✧ Have them practice moving the arrow around to point at the different emotions. Are there other types of emotions they experience that they would like to add to the chart? If so, have them draw a face expressing their chosen emotion. Maybe they'd like to add 'lonely' or 'crowded' or 'silly.'

2. What about my body?

- ✧ Have a mirror handy so your child can look at their own reflection. Are there any signs on their face that they're feeling emotional? Are their hands relaxed or tense? Is their breathing normal or shallow?

3. How strong are my feelings?

- ✧ Do I feel calm and relaxed? Or am I like a crazy storm with crashing waves and lightning? Mostly we're somewhere in the middle, hopefully closer to calm than stormy!
- ✧ Help your kids look at the ladder and learn to consider the intensity of their feelings: for example, are they just a little sad, do they feel teary, or are they grief-stricken? It's very helpful for kids to recognise the importance of moving toward calm from wherever they happen to be. If they're just a little sad but don't do anything to feel better they may inevitably become sadder and sadder until it becomes overwhelming.
- ✧ If you've laminated the chart kids can use a dry erase marker to draw a line on the ladder showing how intense their emotions are.



HOW DO I FEEL?

WHAT ABOUT MY BODY?

HOW STRONG ARE MY FEELINGS?

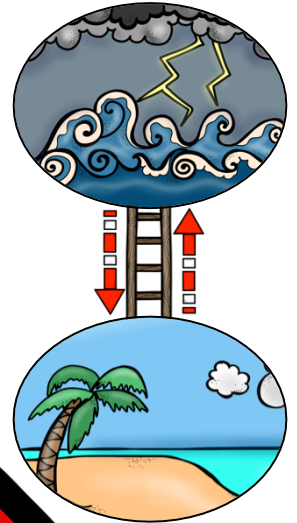
HANDS



MOUTH



BREATHING



sad



confused



worried



angry



happy



ANGRY

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CONFUSED

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HAPPY

Liz's Early Learning Spot



SAD

Liz's Early Learning Spot



WORRIED

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HOW DO I FEEL?

WHAT ABOUT MY BODY?

HOW STRONG ARE MY FEELINGS?

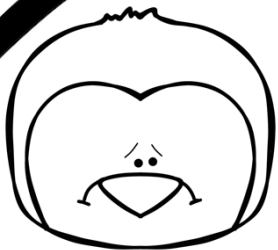
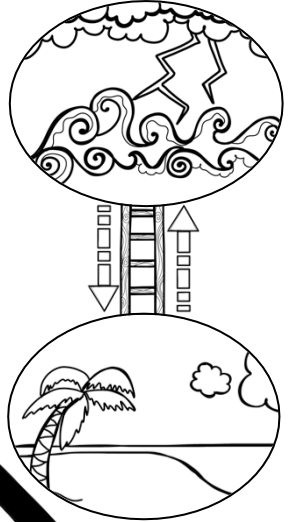
HANDS



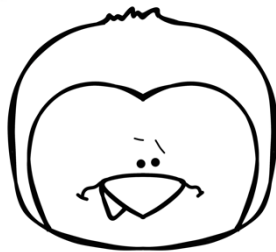
MOUTH



BREATHING



sad



confused



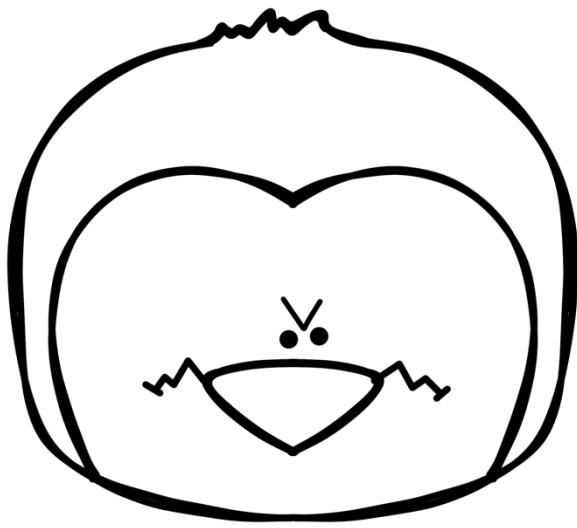
worried



angry

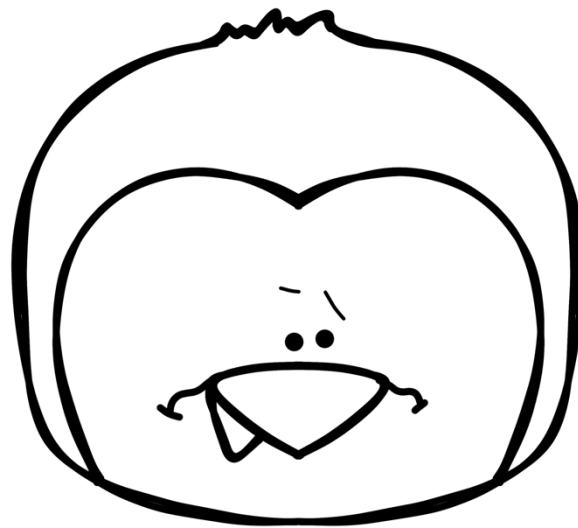


happy



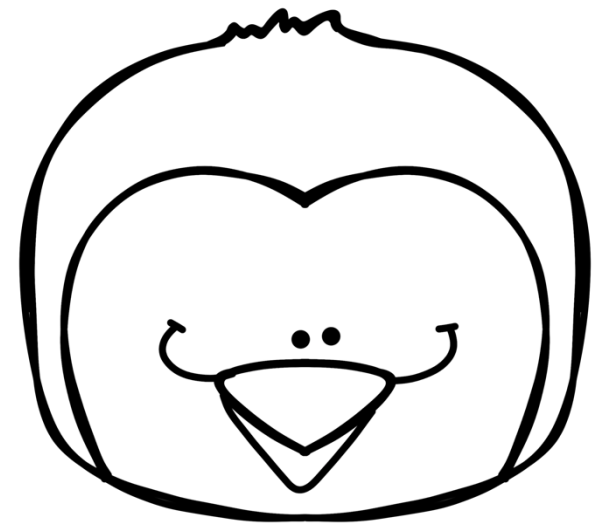
ANGRY

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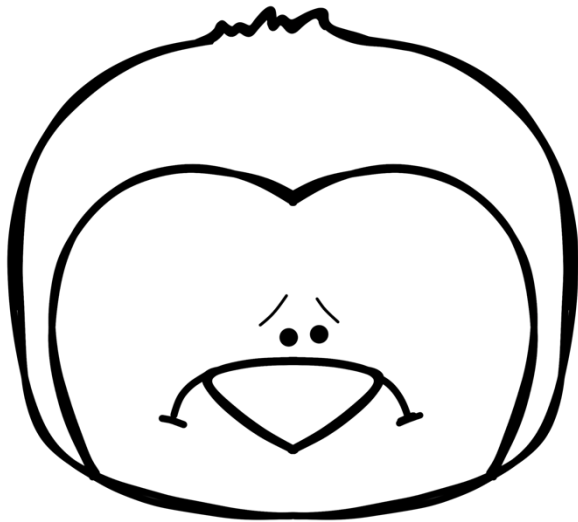
CONFUSED

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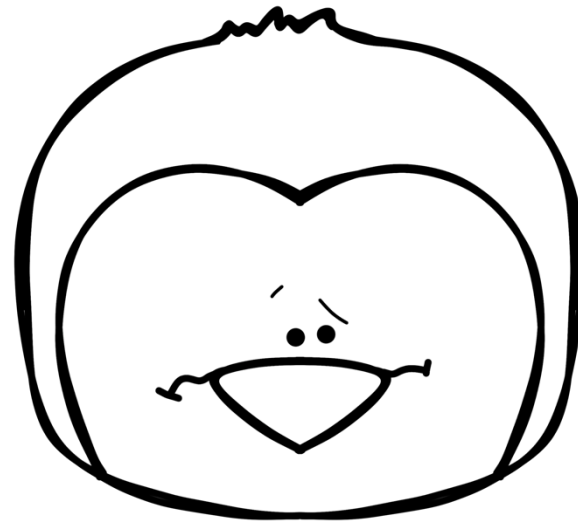
HAPPY

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SAD

Liz's Early Learning Spot



WORRIED

Liz's Early Learning Spot