

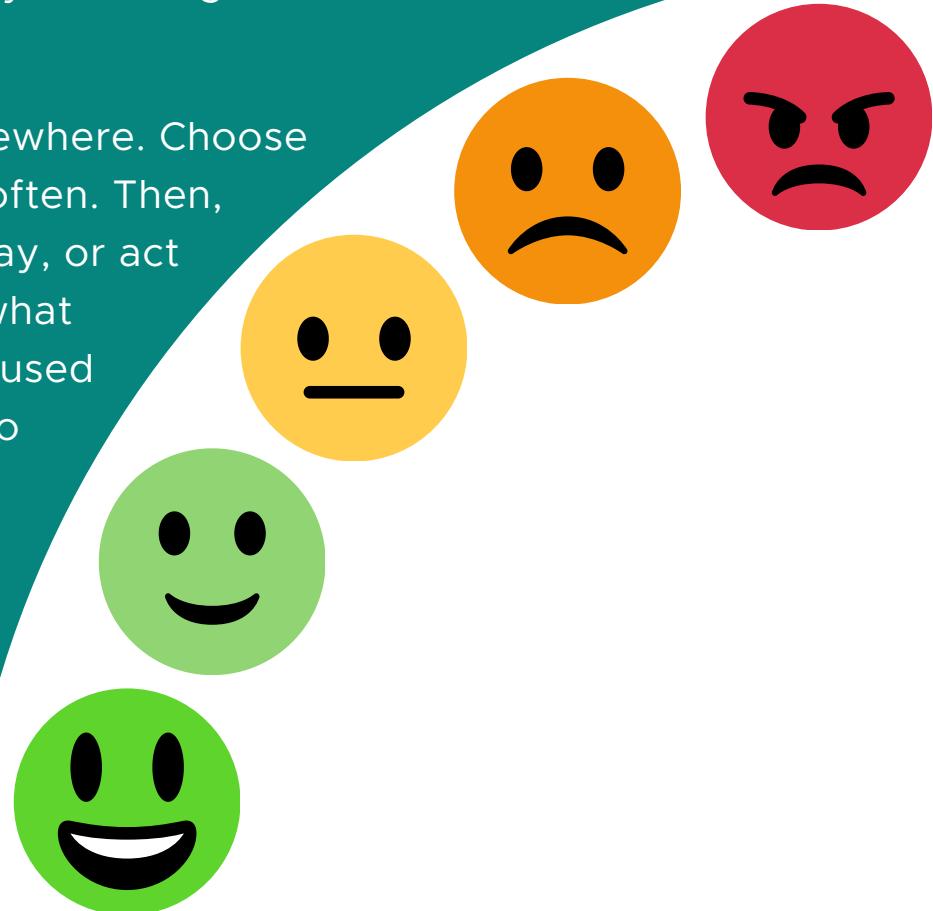
# Feelings Chart



Sometimes kids feel things without even knowing it. They're still learning the ropes of life and they don't know everything just yet.

This chart is made to help kids to point out and recognise how they're feeling. This chart has an expansive number of emotions, aimed to help kids to identify, recognise and communicate what they're feeling effectively.

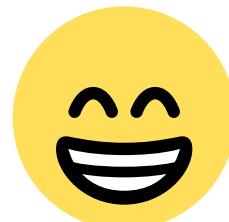
This chart should be printed out and put up on a wall somewhere. Choose a prominent space around your house where you'll see it often. Then, it's your responsibility to use it. Find a regular time each day, or act on it more spontaneously, and get your kid(s) to identify what they're feeling. Then have a chat about it. Identify what caused this emotion and, if it's a negative one, what they can do to change it to a positive one.



# FEELINGS CHART



Happy



Excited



Angry



Disappointed



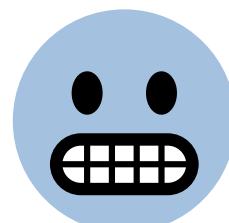
Sad



Laughing



Shocked



Worried



Annoyed



Embarassed



Confused



Scared



Hungry



Bored



Curious



Tired



Calm



Neutral



Loved



Secretive



Sick



Mind Blown



Shy



Silly