Feelings chart

Point at how you feel. Under each face, write the word your child uses.

Child _____



Happy

Our word:



Sad

Our word:



Angry

Our word:



Scared

Our word:



Worried

Our word:



Tired

Our word:



Calm

Our word:



Surprised

Our word:



It hurts

Our word:

How we can tell — and what helps

Feeling	How we can tell what we see and hear	What helps try this first	? What comes before? your guess

Name the feeling back in a few words: “You are angry. The tower fell.” No questions in the hard moment.

? White boxes: what you saw or heard. Grey boxes with ?: your guesses — write them as guesses (“maybe..., not sure”).