Name It, Feel It, Try It

Emotions chart for ages 10 plus · Black and white, so you can color it and make it yours



Happy

My body feels light and bouncy.

Try: Share a smile and a hug.



Sad

My eyes feel watery. My body feels heavy.

Try: Ask for a cuddle.



Angry

My hands want to squeeze. My face feels hot.

Try: Squeeze a pillow, then let go.



Scared

My heart goes thump, thump, thump.

Try: Hold a grown-up's hand.



Excited

My whole body wants to wiggle and jump.

Try: Jump three times, then take one slow breath.



Tired

My eyes feel heavy. My body feels slow.

Try: Rest with a book and a blanket.



Calm

My body feels soft and slow.

Try: Breathe slow, like a sleepy cat.



Surprised

My eyes go big and round.

Try: Take one big breath and look again.



Proud

My chest feels big and warm.

Try: Tell someone what you did.



Worried

My tummy flutters. My thoughts race.

Try: Write it down, then ask for help.



Frustrated

My fists get tight. I want to quit.

Try: Take a break, then try one small step.



Shy

My voice goes quiet. I want to hide.

Try: Stand near a friend and smile.



Silly

My body wants to giggle and wiggle.

Try: Be silly for two minutes, then settle.



Bored

Everything feels flat and slow.

Try: Pick one new thing to try.



Confused

My brain feels tangled.

Try: Ask one question, out loud.



Nervous

My hands feel shaky. My tummy flutters.

Try: Breathe in for 4, out for 4, twice.



Disappointed

A heavy, sinking feeling in my chest.

Try: Name what you hoped for, then make a new plan.



Embarrassed

My face feels hot. I want to disappear.

Try: Everyone has awkward moments. Breathe and move on.



Lonely

An empty feeling, like being left out.

Try: Reach out to one person, even with a small hello.



Brave

Shaky and scared, but ready anyway.

Try: Do the hard thing in one small step.

HOW TO USE THIS CHART **1.** Color the face. **2.** Say it. **3.** Pick a helper.

Every feeling is allowed. We practice the helper, never hiding the feeling.

Twenty feelings, colored by you. Naming one exactly is the first step to handling it.

This chart belongs to: _____

My Personal Reset Plan

Pick the three feelings that visit you most, the body signs that give them away, and the helpers that truly work for you. Make this plan yours, not a copy of another plan.

Feeling	My body sign	My best helper	When to use it

Think it through

A feeling that visits me a lot is _____. It usually shows up when

The earliest body sign I notice is _____

When I catch it early, one thing that genuinely helps is

Someone I can talk to about big feelings is _____

An honest plan beats a perfect one. Write down what really helps you, not what merely sounds impressive.

Track Your Week

Check in three times a day. Jot down the feeling, the helper you tried, and how it went. After a week, study the pattern: feelings follow habits, helpers have hit rates, and patterns are useful clues.

Day	Morning feeling	Afternoon feeling	Evening feeling	Helper tried, did it help?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

My pattern this week: feelings were loudest on _____ and quietest on _____.

My steadiest helper all this week was _____.

More in the emotions chart kit at mgrounder.com: charts for ages 3 to 5 and 6 to 9, emotion cards, and the calm down corner set.