Name It, Feel It, Try It

Emotions chart for ages 3 to 5 · Point to the face, feel it in your body, pick a helper



Happy

My body feels light and bouncy.

I can try: Share a smile and a hug.



Sad

My eyes feel watery. My body feels heavy.

I can try: Ask for a cuddle.



Angry

My hands want to squeeze. My face feels hot.

I can try: Squeeze a pillow, then let go.



Scared

My heart goes thump, thump, thump.

I can try: Hold a grown-up's hand.



Excited

My whole body wants to wiggle and jump.

I can try: Jump three times, then take one slow breath.



Tired

My eyes feel heavy. My body feels slow.

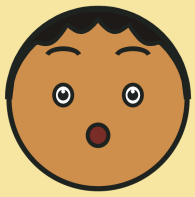
I can try: Rest with a book and a blanket.



Calm

My body feels soft and slow.

I can try: Breathe slow, like a sleepy cat.



Surprised

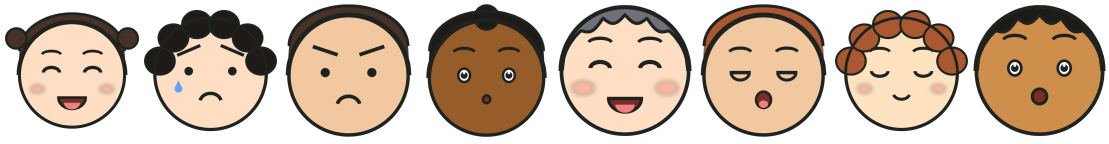
My eyes go big and round.

I can try: Take one big breath and look again.

HOW TO USE THIS CHART **1.** Point. **2.** Say it. **3.** Pick a helper.

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

RIGHT NOW I FEEL

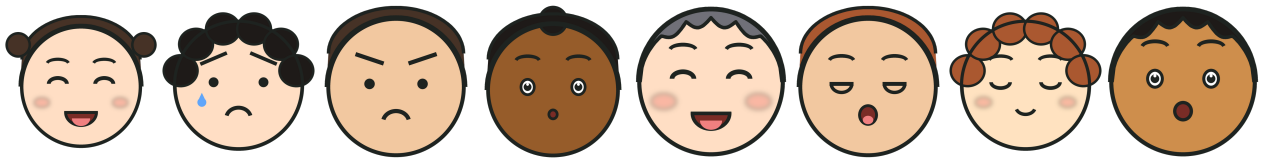


Clip a clothespin or stick a sticker on the face that matches, every time it changes during the day.

This chart belongs to: _____

My Feelings Practice

Circle the face that fits today, then finish the sentences. Every answer is a good one.



Today I felt _____

My body felt _____

I tried _____

Did it help? Yes A little Not yet

Draw the feeling and the helper

Draw your feeling face here, and draw the helper you tried next to it.

My name: _____ Today is: _____

Tip: slip this page into a page protector and use a dry-erase marker, so your child can practice every day.

For Grown-Ups: Teaching the Three Steps

1. **Name it.** Say the word out loud as you point at the face. Once a feeling has a name, a child can tell you about it instead of acting it out.
2. **Feel it.** Read the body clue on the card out loud, like this: "Your heart is going thump, thump. That is what scared feels like inside your body." A clue spotted early is one your child can act on.
3. **Try it.** Choose one helper from the card and do it side by side. One helper tried together teaches more than a long list talked about.
4. **Notice what helped.** When you are done, ask: "Did it help? A little, or not yet?" No answer is a wrong answer. A helper that fell flat today still tells you something useful.

Words that help

> “You are feeling **angry**. Your hands are squeezing tight. We can squash this cushion together, then shake it out.”

> “Point to the chart. **Which face looks like yours** right now? Tell me what your body is doing.”

> “You feel **scared**. Your heart is thumping fast. Hold my hand and we will face it together.”

For teachers and calm corners

Stick the chart where small eyes can reach it in the calm corner, and turn the three steps into a circle-time game while everyone is still calm. A child who has rehearsed "point, say, pick a helper" on an easy day can remember it when feelings run big. It doubles as a morning check-in too: each child taps a face as they arrive, and you can read the whole room in one look.

More in the emotions chart kit at mgrounder.com: charts for ages 6 to 9 and 10 plus, emotion cards, and the calm down corner set.