Name It, Feel It, Try It

Emotions chart for ages 6 to 9 · Sixteen feelings, each with a body clue and a helper



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.

Point | **Say it** | **Pick a helper**

Point, name it, pick a helper. A feeling named early almost never has to shout.

Feeling Detectives

Read a story and hunt for the feeling hiding in the body clue, then choose the helper that fits best. Try it as a circle-time game: read one story out loud and let the whole class vote.

The puzzle will not fit. You have tried five times and the piece still will not go in. Your fists are tight.

Which feeling is it? _____ Which helper fits? _____

Check yourself: feeling **Frustrated**, helper **Take a break, then try one small step.**

The big test is tomorrow. Your tummy flutters and your thoughts keep racing about the questions.

Which feeling is it? _____ Which helper fits? _____

Check yourself: feeling **Worried**, helper **Write it down, then ask for help.**

A new kid at lunch. You want to sit with the group, but your voice goes quiet and you hover at the edge.

Which feeling is it? _____ Which helper fits? _____

Check yourself: feeling **Shy**, helper **Stand near a friend and smile.**

You won the race. Your chest feels big and warm and you cannot stop grinning.

Which feeling is it? _____ Which helper fits? _____

Check yourself: feeling **Proud**, helper **Tell someone what you did.**

That is the skill that matters most: catching the body clue early while the feeling is still small.

Build Your Own Calm-Down Menu

Pick six helpers for the feelings that visit you most, and write down when each one works best. Then pin your menu right beside the chart.

	Helper	When it helps
1.	**Angry** helper: Squeeze a pillow, then let go.	When I will use it: _____
2.	**Worried** helper: Write it down, then ask for help.	When I will use it: _____
3.	**Frustrated** helper: Take a break, then try one small step.	When I will use it: _____
4.	**Nervous** helper: Breathe in for 4, out for 4, twice.	When I will use it: _____
5.	**Sad** helper: Ask for a cuddle.	When I will use it: _____
6.	**Bored** helper: Pick one new thing to try.	When I will use it: _____

My number one helper, the one I reach for first, is _____

A helper I want to practice this week is _____

My calm-down spot at home is _____ At school it is _____

A menu your child made themselves is a menu they will reach for. Let them own every choice, even the ones that surprise you.

For Grown-Ups: Teaching the Three Steps

1. **Give them words beyond "fine".** Sixteen feeling words help your child say what is happening inside. A child who can name "frustrated" seldom acts it out with their body.

2. **Keep feeling and behavior apart.** Every feeling here is welcome, all of them. Hitting, breaking, and hurting never are. Name both parts, every time.

3. **Let them pick the helper.** Children this age can often tell what they need: a fix, a listener, or some space. Choosing turns a poster into a real skill.

Words that help

> "**Frustration** makes sense here. This is tricky, and you have worked at it a while. What is your body doing right now?"

> "Would you like **help**, a **break**, or just to **vent** for a bit? Then choose a helper from the chart."

> "Your feeling counts. The **hitting** is never okay, though. We can find a kinder way to show it."

For teachers and counselors

Open the day with the chart: every child points to a face when they arrive, and you can read the room in a single glance. Stretch the Feeling Detectives page across a week as a ten-minute circle-time lesson, one story a day. And in a counseling office, the chart lets a quiet child show how they are without hunting for the words first.

More in the emotions chart kit at mgrounder.com: charts for ages 3 to 5 and 10 plus, emotion cards, and the calm down corner set.