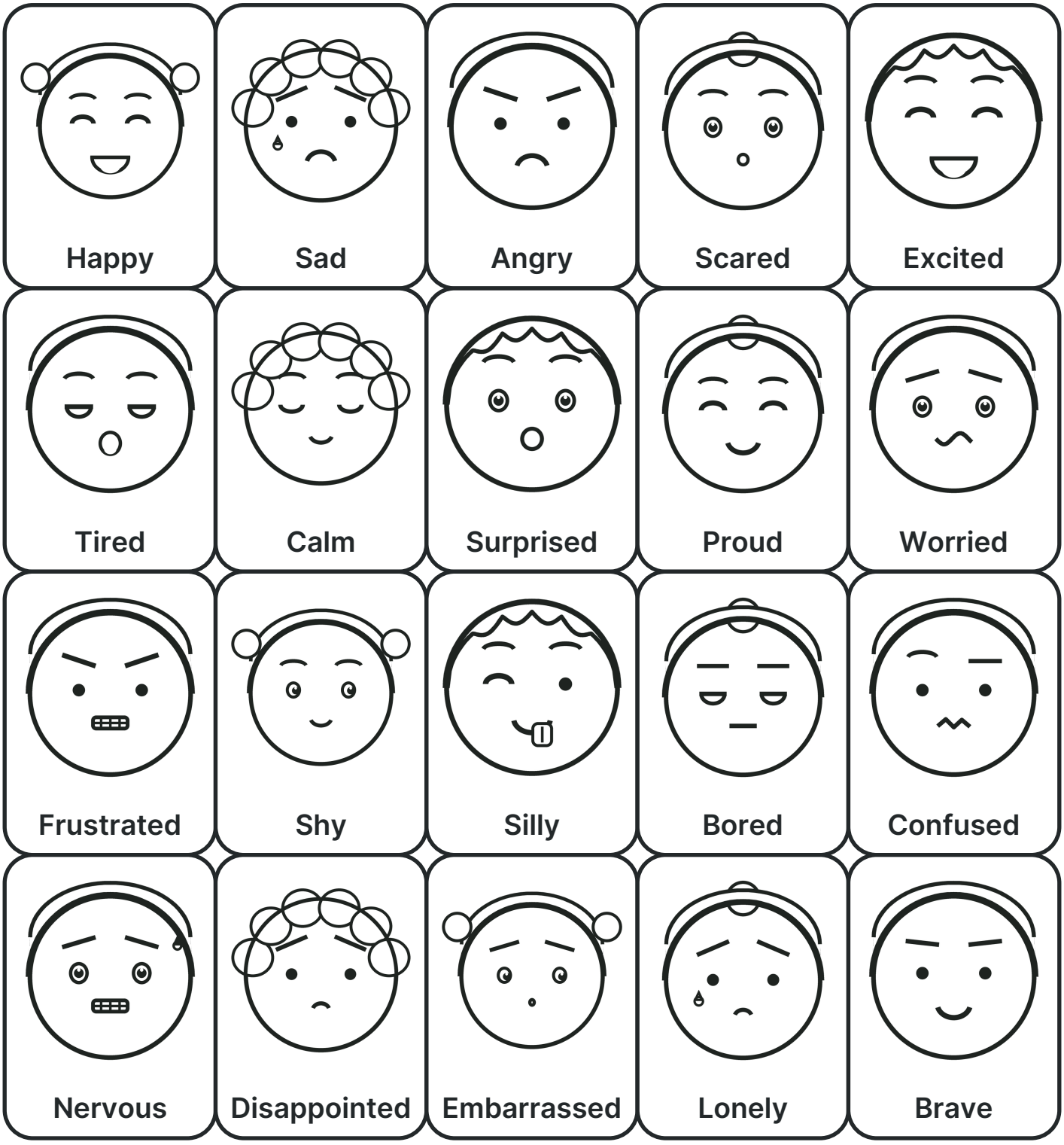
How Am I Feeling?

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



Twenty feelings, in your own colors. Naming a feeling precisely is the first step to handling it.

The Words, Precisely

Happy	Feeling good and glad
Sad	Feeling down, or like crying
Angry	Mad at something unfair or blocked
Scared	Afraid something bad may happen
Excited	Full of energy about something good coming
Tired	Low energy; your body wants rest
Calm	Settled in body and mind
Surprised	Something unexpected just happened
Proud	Pleased with something you did
Worried	Turning over what could go wrong
Frustrated	Stuck; things keep not working
Shy	Quiet and unsure around people
Silly	Playful and giggly
Bored	Nothing feels interesting
Confused	Not understanding, yet
Nervous	Shaky inside before something important
Disappointed	Sad that something did not happen
Embarrassed	Feeling everyone noticed a mistake
Lonely	Left out, or missing your people
Brave	Doing it even though it feels scary

Think it through

A time I felt proud this week: _____

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

When I feel frustrated, one thing that genuinely helps is

Someone I can talk to about big feelings is _____

Track Your Week

Three check-ins a day. Write the feeling word, or sketch the face. After a week, look for the pattern: feelings have habits, and patterns are information.

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

The pattern I notice: feelings are loudest on _____ and calmest on _____.

From the feelings chart kit at mgrounder.com, with charts for ages 3 to 5 and 6 to 9, emotion cards, and the calm down corner set. Free for personal and classroom use.