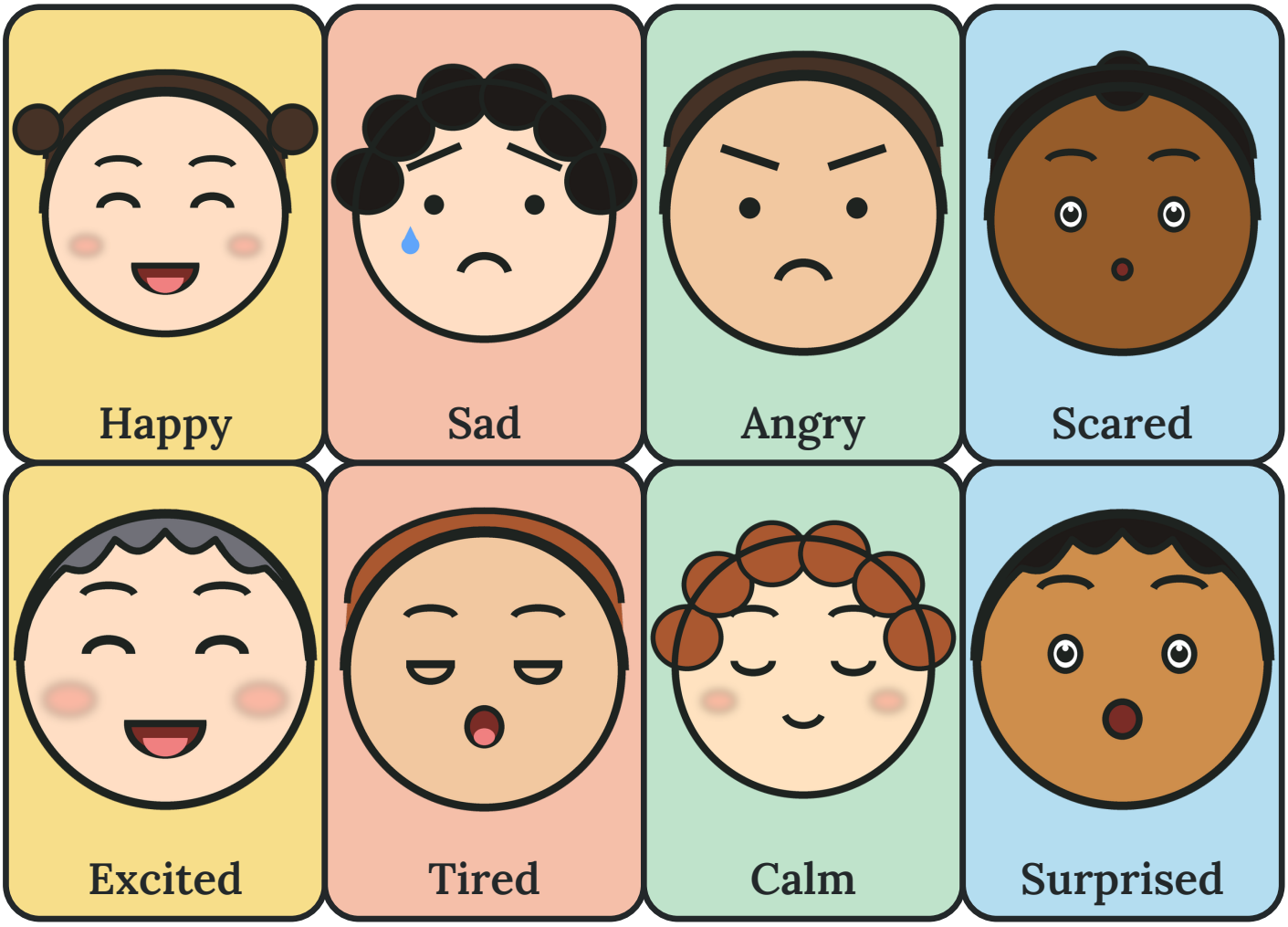
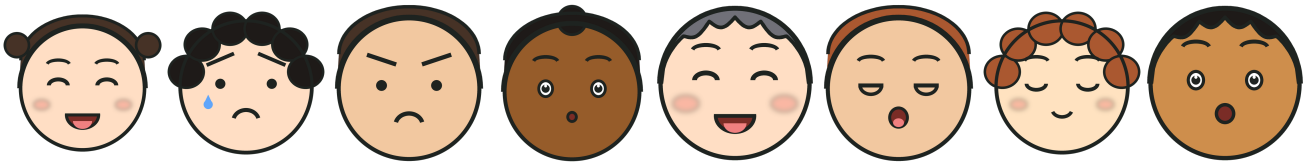
How Am I Feeling?

Feelings chart for ages 3 to 5 · Point to the face that matches your feeling



Every feeling is okay. Grown-ups: keep this chart at your child's eye level, where they can reach it on their own.

RIGHT NOW I FEEL

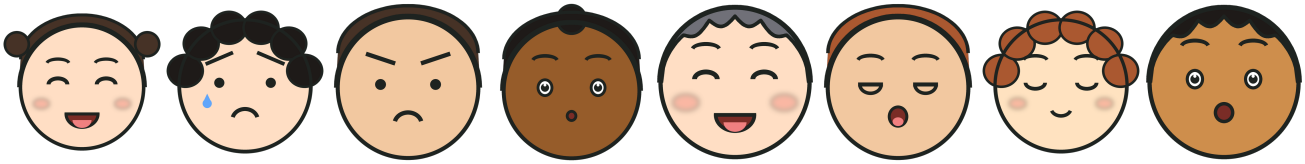


Clip a clothespin or stick a sticker on the face that matches, every time it changes during the day.

This chart belongs to: _____

My Feeling Today

Circle your feeling, then draw it big



Today I feel _____

Draw your feeling face here

My name: _____ Today is: _____

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

For Grown-Ups: Making This Chart Work

1. **Put it at eye level.** On the fridge, by the bed, or in a calm corner. If a child has to ask for the chart, it will not get used in the moment it matters.
2. **Use it when things are calm first.** Practice pointing at feelings during happy, easy moments for a few days before you ever suggest it during a hard one.
3. **Name it, do not fix it.** When your child points at a face, say the feeling back with warmth. Naming a feeling is what slowly makes it smaller.
4. **Use the chart yourself.** Point at your own feeling once a day. Children copy what they see far more than what they are told.

Words that help

> “You are **mad**. It is okay to be mad. I am right here.”

> “Show me on the chart. **Which face is yours** right now?”

> “You feel **sad**. Sad is a heavy feeling. We can sit together until it passes.”

When the feeling is big, try one together

- Smell the flower, blow out the candle: breathe in slowly, breathe out slowly, three times.
- Have a drink of cold water together.
- Squeeze a pillow as hard as you can, then let go and feel your hands soften.
- Ask: “Would a hug help, or would you like some space?” Both answers are fine.

From the feelings chart kit at mgrounder.com, where you will also find the charts for ages 6 to 9 and 10 plus, emotion cards, and the calm down corner set.