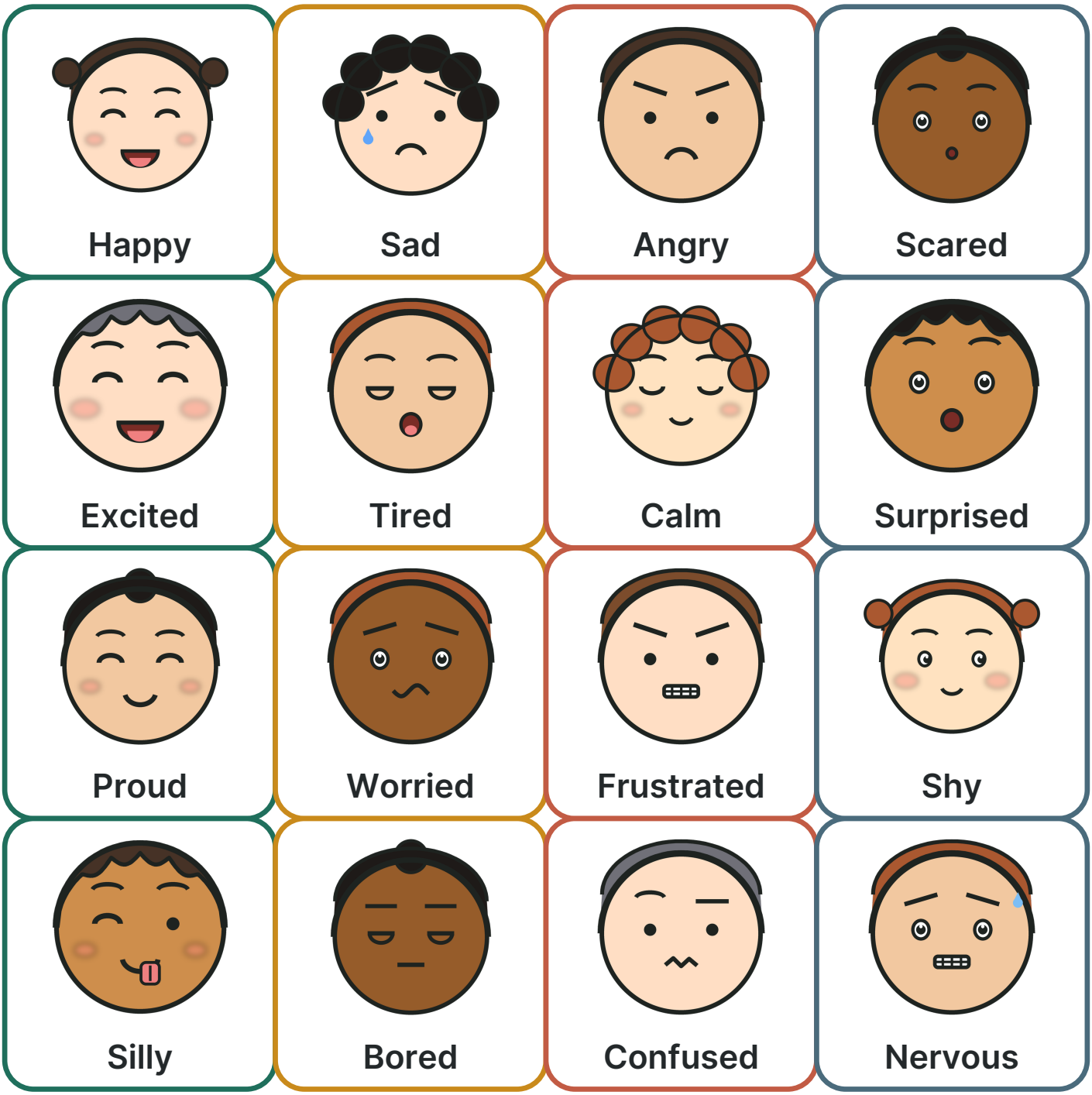
How Am I Feeling?

Feelings chart for ages 6 to 9 · Sixteen feelings, because “fine” is never the whole story



Point

Say it

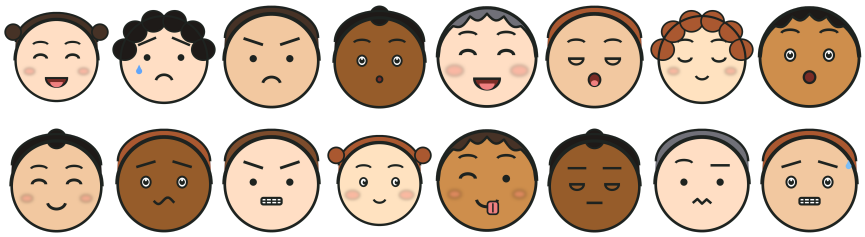
Write it

However a feeling gets out, it gets smaller.

My Feelings Journal

Circle today's biggest feeling, then finish the sentences. There are no wrong answers.

Entry 1 Date: _____



Today I felt _____ because

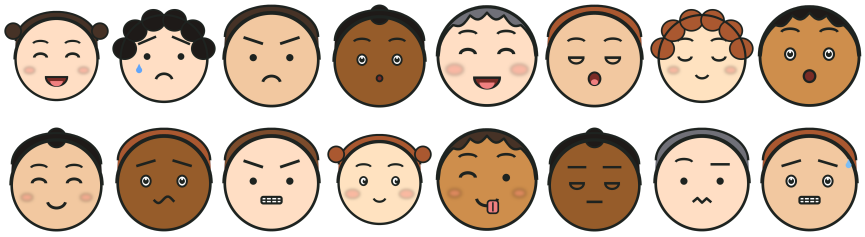
_____

_____

What helped me feel better:

_____

Entry 2 Date: _____



Today I felt _____ because

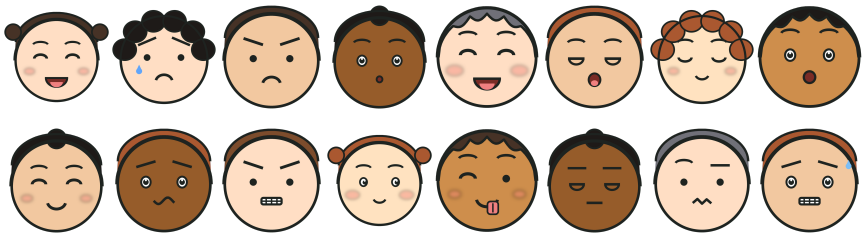
_____

_____

What helped me feel better:

_____

Entry 3 Date: _____



Today I felt _____ because

_____

_____

What helped me feel better:

_____

Feelings Live in the Body Too

Feelings often show up in the body before we have words for them. Match each body clue to the feeling it might be, then write your own best reset.

Body clue	It might mean	My reset
My heart beats fast	 Scared or excited	When this happens, I can _____
My fists get tight	 Angry or frustrated	When this happens, I can _____
My tummy feels fluttery	 Nervous or worried	When this happens, I can _____
My shoulders feel heavy	 Sad or tired	When this happens, I can _____
My face feels hot	 Embarrassed or angry	When this happens, I can _____
My whole body wants to wiggle	 Excited or silly	When this happens, I can _____
My own body clue: _____	It might mean _____	My reset: _____

There is no single right answer: a fluttery tummy can mean nervous before a test or excited before a party. The clue is a question, not a label.

For Grown-Ups: Making This Chart Work

1. **Go past “fine” and “good”.** Sixteen words give your child a real vocabulary. A child who can say “frustrated” rarely needs to show it with their body.

2. **Separate the feeling from the behavior.** Every feeling on this chart is allowed. Hitting, breaking, and hurting are not. Say both halves, every time.

3. **Ask what kind of help.** At this age children can often choose: solving, listening, or space. Let them pick.

Words that help

> “**Frustrated** makes sense. This is hard, and you have been trying for a while.”

> “Do you want **help**, a **break**, or just to **vent** for a minute?”

> “Your feeling is real. The **hitting** is not okay. Let us find another way to show it.”

The calm down menu: pick one together

1. Breathe it out
Box breathing: in for 4, hold for 4, out for 4, hold for 4.

2. Move the feeling
Shake it out, stomp it out, or run one lap of the garden.

3. Cold water reset
A cold drink, or cold water on the wrists and face.

4. Draw it
Draw the feeling with a face, a color, and a size.

5. Squeeze and soften
Squeeze your fists and shoulders tight for 5 seconds, then let everything drop.

6. Say it in words
Use this sentence: “I feel ___ because ___. I need ___.”

From the feelings chart kit at mgrounder.com, with charts for ages 3 to 5 and 10 plus, emotion cards, and the calm down corner set.