MyKidIsBad

ACTIVITY

Feelings Check-In Chart

A simple visual to help a child name what they are feeling. Point, circle, and talk it through.

A simple way to name a feeling when the words will not come on their own. Point to one, or circle it, then finish the sentences below.



Happy



Sad



Angry



Worried



Tired



Embarrassed



Loved



Disappointed



Surprised



Frustrated



Calm



Excited

Today I feel: _____

Because: _____

Something that might help right now: _____

Provided as-is for personal use. Download and use at your own risk.