

# Feelings chart

To improve your child's abilities to identify and describe feelings

Use this chart to identify and talk about feelings you and your child might have.



HAPPY



ANGRY



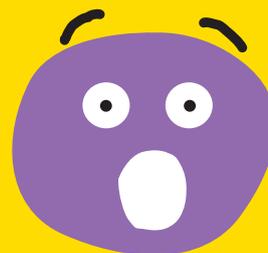
NERVOUS



DISAPPOINTED



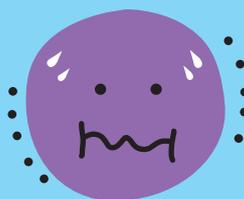
JEALOUS



SURPRISED



EXCITED



NERVOUS



SAD



LONELY



EMBARRASSED



BORED

# Show your feelings

To help your child to recognise and identify other people's feelings

You will need



Draw or stick pictures in these spaces...

Draw or stick a picture of a sad lady here

ASK: Why do you think the lady is sad?



Draw or stick a picture here of a happy boy

ASK: Why do you think the boy is happy?



Draw or stick a picture here of an angry girl

ASK: Why do you think the girl is angry?



## Let's talk...

Talk about how the person is feeling and why they think that.

This is also a good activity to try when you are waiting for a bus, eating in a busy restaurant, watching TV or walking in the park.



You could also take pictures of each other looking sad, happy, angry etc.

You can also play this game if your child is upset. Drawing pictures helps children to express their feelings and encourages them to talk.

# Our feelings diary

To help your child to identify their feelings and help understand that our feelings change

You will need



Draw, write or stick feelings in these spaces...

On Monday morning I felt

In the afternoon I felt

On Tuesday morning I felt

In the afternoon I felt

On Wednesday morning I felt

In the afternoon I felt

On Thursday morning I felt

In the afternoon I felt

On Friday morning I felt

In the afternoon I felt

## Let's talk...

Each evening for 5 days, you and your child can talk about one or two feelings you had during the day. This helps children to understand that our feelings change.



HAPPY



ANGRY



NERVOUS



SAD

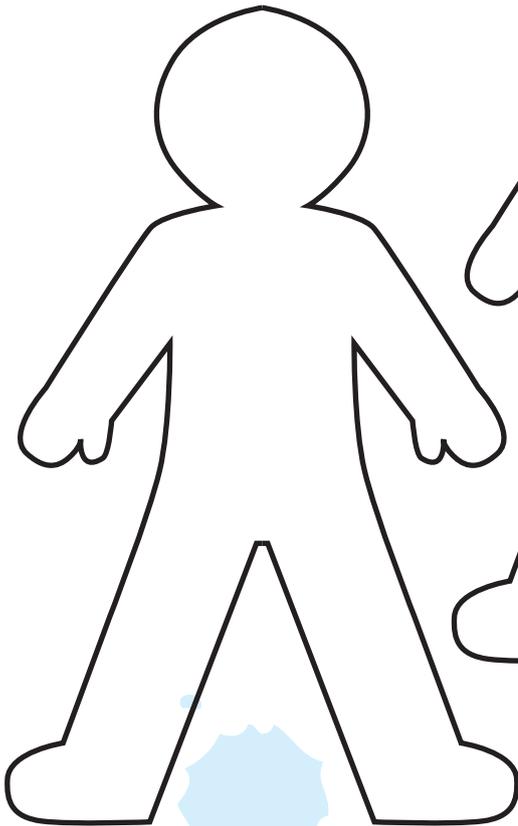


JEALOUS

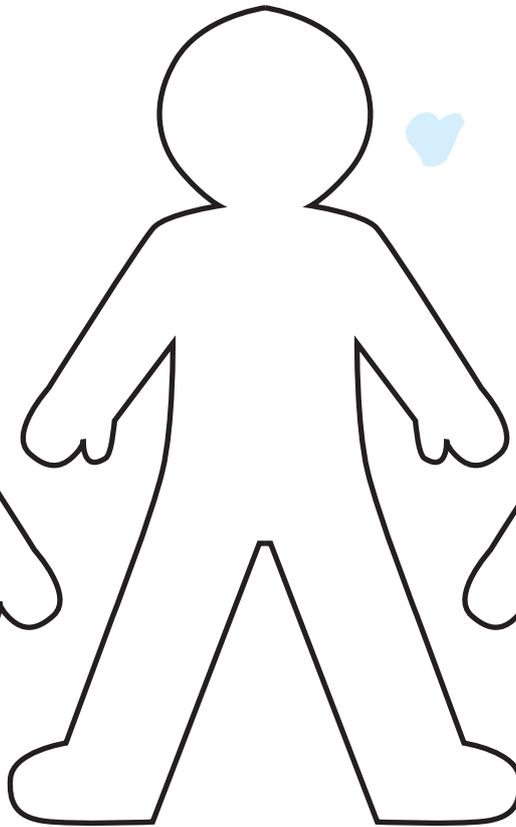
# Where we feel our feelings

To help your child understand what happens in their body when they have different feelings

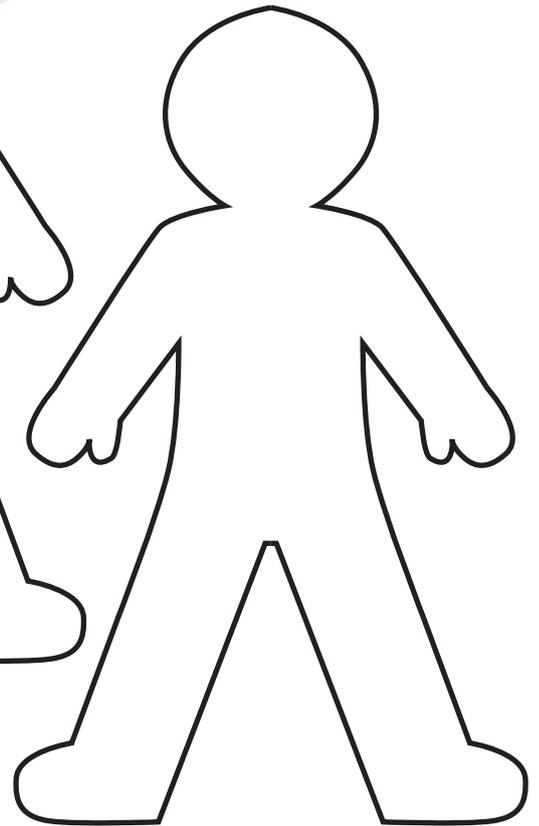
You will need



nervous



angry



happy

Cut out and stick the reactions on the next page onto the outlines. Or draw and write your own ideas.

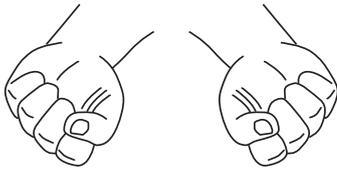
## Let's talk...

Share with your child when you last felt nervous and ask them when they last did. Did you both feel the same things in your body? How did you make yourself feel better?

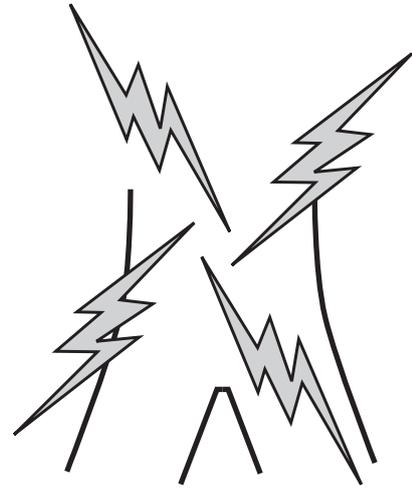


Take turns acting out different physical reactions e.g. knees trembling, tummy aching. The other person can guess what the feeling is.

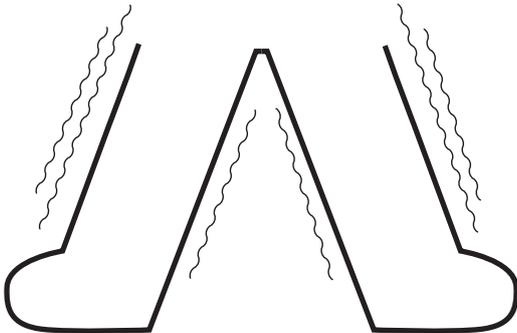
# Reactions in our body to different feelings



I clench my fists



my tummy hurts



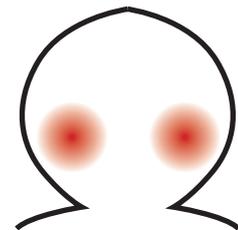
my legs are shaking



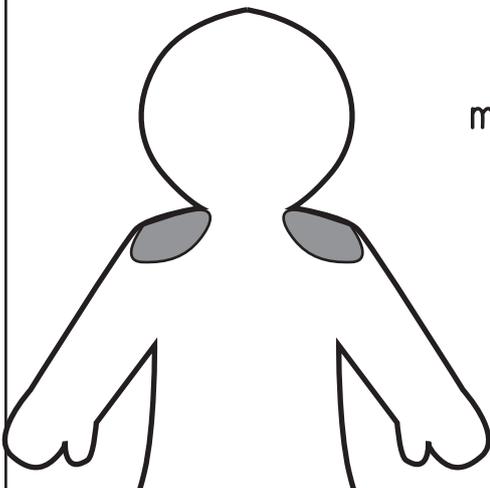
I clench my teeth



my heart beats faster



my face gets hot



my shoulders relax



I smile

# A-Z of feelings

To improve your child's vocabulary to identify feelings

You will need



Work together to think of 1 or 2 feelings for every letter of the alphabet

Today I feel...

Angry

H

O

Vexed

Bored

I

P

W

C

J

Q

eXcited

Disappointed

K

R

Y

E

L

S

Z

F

M

T

G

N

U



Turn this into a memory game to play on long journeys.  
'Today I felt Annoyed', 'Today I felt Annoyed and Brave' etc.

# Finding a good solution

To help your child find ways to help themselves feel better when they have difficult feelings

You will need



Talk about a time when your child has felt sad, angry or jealous. Help them think of lots of different things they could do to feel better. You could write or draw the ideas in the thought bubble.



## Let's talk...

Share times when you have had a difficult feeling and what you did to feel better - did your solutions obey the golden rules?

## The Golden Rules for a Good Solution!



It makes me feel better



It doesn't hurt me or anyone else

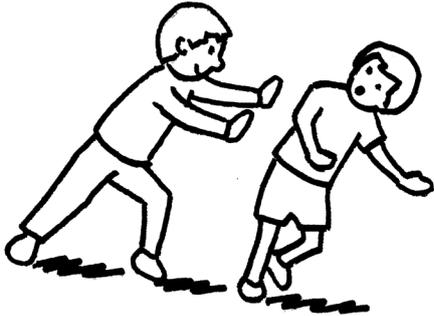
# Recognising feelings

To improve your child's abilities to identify and recognise feelings

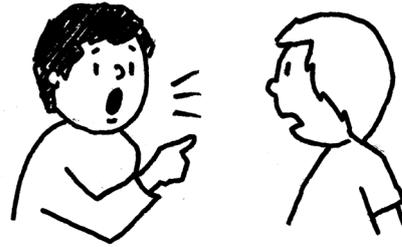
You will need



Cut up the situation cards and talk about how they might be feeling.



A boy pushed you in the playground



Your brother screamed at you because he was in a bad mood



You did badly in a test



Your teacher congratulated you on your good work in class



You received exactly what you wanted for your birthday



## Let's talk...

You could also ask what you could do to feel better. Remember the Golden Rules!

## The Golden Rules for a Good Solution!



It makes me feel better



It doesn't hurt me or anyone else

# Positive feelings

To improve your child's abilities to identify positive feelings

You will need



Draw or stick pictures, and write in these spaces...

Here is a picture of me

Things that make me feel happy

Things that make me feel proud

Things that make me feel excited