

Feelings Chart



At the end of the day, ask your child:

What happened today? What did you do? How did you feel?

What happened to make made you feel that way?

Have your child draw a face in the chart and write a word describing the feeling.

Talk about your own day and how you felt as you also draw a face and write a word in the chart.



confused



afraid



happy



grumpy



angry



sad



disappointed



silly



proud



excited

CHILD

GROWN-UP

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CHILD							
GROWN-UP							

Child's Name

Grown-Up's Name

If your child is feeling bad, ask: "What do you think would make you feel better?"