Family Activity Sheet

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

	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?"

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