

Name the Feeling — 12 Emotions

Read aloud, point to which one matches

- Happy — bright, energetic, ready to play
- Sad — quiet, slow, want to be alone
- Angry — hot, loud, want to push something
- Scared — small, shaky, want to hide
- Excited — bouncy, can't sit still, big smile
- Worried — knot in stomach, thinking too much
- Frustrated — same problem won't go away
- Tired — heavy, slow, need a rest
- Embarrassed — face hot, want to disappear
- Proud — chest big, want to tell everyone
- Confused — head full, don't know what to do
- Calm — soft, slow, everything is okay

Daily Feelings Tracker

Check the feeling that matches each part of the day

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Angry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Excited	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Worried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Calm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Big Feelings Triggers

Help your kid spot what's behind the feeling

- I'm hungry → eat something small first
- I'm tired → quiet activity for 20 minutes
- Too loud → headphones or quiet room
- Too many people → break in a small space
- Plans changed → 5 minutes to adjust
- Lost a game → name the feeling, deep breaths
- Someone said no → ask the next question
- Mad at a sibling → take space first, talk later
- Worried about something tomorrow → write it down
- Excited and can't sit still → 10 jumping jacks

Calm-Down Corner Tools

Physical strategies for big feelings

- Take 5 slow breaths in and out
- Squeeze a stress ball or pillow
- Cold water on the wrists
- Color in a coloring page
- Hug a stuffed animal
- Lie under a heavy blanket
- Drink water slowly
- Listen to a favorite song
- Stretch like a cat
- Whisper-count to 20

