

HOW ARE YOU FEELING?

Can you point to what emotion you are feeling today?



HAPPINESS

Laughing, Jumping,
Dancing or Playing!



SADNESS

Wanting to be alone
or crying.



CALMNESS

Thinking, breathing
slowly,
or listening.



ANGER

Mad, frustrated,
or yelling.



FEAR

Scared, afraid,
or worried.

WAYS YOU CAN CALM YOURSELF DOWN

Ask for a hug

Do a quiet activity

Take a couple of deep breaths

Sit quietly in another room

Blow bubbles

Write down how you are
feeling

Color or paint a picture

Use this magnet to help your child understand and cope with their emotions. For more information

Scan Me!

