Ages 4–8

My Feelings Have Names

Name _____ Date _____

Draw a line from each face to the word that tells how it feels. Ask a grown-up to read the words with you.













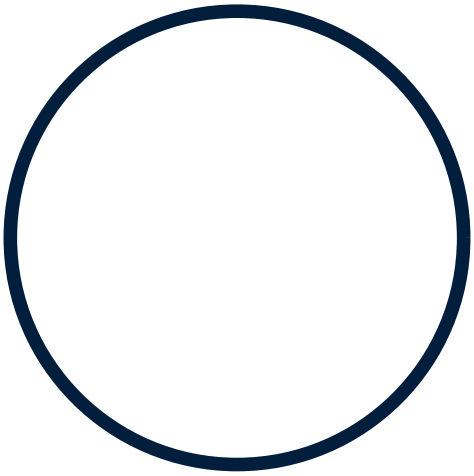
- calm
- happy
- scared
- sad
- surprised
- angry

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Ages 4–8

How I Feel Today

Draw your face to show how you feel today. Then finish the sentences with a grown-up.



Today I feel _____

I felt happy when...

I felt sad when...

When I feel angry, I can...

Someone I can talk to about my feelings is...

For grown-ups: talk about it

Share a time you felt one of these feelings and what helped. Ask: "What does your body feel like when you are angry? What helps you feel calm again?" Every feeling is okay to talk about.

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