Emotion & Feeling Charts

Point to the feeling that matches how you feel right now.

Happy



Smiling, light, good things happening

Sad



Tears, heavy, something hurts inside

Angry



Hot face, tight body, want to shout

Scared

Fast heart, shaky, want to hide

Calm



Soft body, quiet mind, peaceful

Excited



Bouncy, loud, hard to sit still

Tired



Heavy eyes, slow body, need rest

Confused



Mixed up, unsure what to do

There is no wrong feeling. All feelings are okay.

Feeling Intensity Scale

Feelings can be small, medium, or big. Point to the size that fits.

1 – Small

A little bit



- I notice it
- I can still do things
- Easy to manage

2 – Medium

Getting stronger



- Harder to ignore
- Need some help
- Body feels different

3 – Big

Very strong



- Takes over
- Need support now
- Hard to think clearly

How to use this page

Ask: “Is the feeling small, medium, or big right now?”

Matching size helps choose the right support strategy.

Body Clues & What Helps

Feelings show up in the body. Here is what to look for and what can help.

Body Clues

- Tight fists or jaw
- Fast breathing or heart
- Hot face or tears
- Stomach feeling funny
- Wanting to run or hide
- Loud voice or quiet freeze
- Restless legs or hands

What Can Help

- Slow deep breaths
- Squeeze a soft item
- Ask for a quiet space
- Drink water slowly
- Name the feeling out loud
- Ask a trusted person
- Use a calm-down tool

When Happy

Share it, smile, keep the good feeling going

When Sad

Talk, hug, quiet time, soft music

When Angry

Pause, breathe, move body safely, then talk

When Scared

Stay close to safe person, slow breathing

Daily Feeling Check-In

Morning • Afternoon • Evening

Circle or mark how you feel at different times of the day.

Morning

Happy | Calm | Excited | Tired | Sad | Angry | Scared | Okay

Afternoon

Happy | Calm | Excited | Tired | Sad | Angry | Scared | Okay

Evening

Happy | Calm | Excited | Tired | Sad | Angry | Scared | Okay

Notes / What helped today: