NOTICE MY FEELINGS

# My Feelings Page

**My name** _____

## 1 How do you feel today?

Point to or circle one or more faces.



**Happy** **Sad** **Worried** **Cross** **Calm**

## 2 Colour Wally. Draw how you feel.



**Colour Wally**

**Draw how you feel**

**Grown-ups** All feelings are welcome. Let your child point, draw or tell you.

MATCH THE FEELINGS

# My Feelings Page

**My name** _____

## 1 Find the matching faces.

Draw a line between the faces that look the same.




## 2 What might help with a big feeling?

Point to or circle an idea you could try.

- ○ Tell a grown-up
- ○ Take a quiet break
- ○ Ask for a hug

**Grown-ups** Read the choices aloud and let your child pick what feels helpful.