



## Feelings Charts

### How Do I Use These Tools?

When we think about teaching children about words that describe feelings, what usually comes to mind are common emotions like sad, mad, glad or scared. There are many more words children can use to express the full range of emotions that we all have on a daily basis. Talking about feelings with children, helping them identify their emotions and how to express them in positive ways, helps children say what they are feeling and experiencing. Feelings Charts can be used to show children examples of facial expressions for specific emotions. They can be used to “check in” with children to help them identify how they are feeling.

