





















Feelings Chart

Emotions are a big part of our health and well-being. Each person will experience emotions differently and the way we feel can change day-to-day. To successfully manage our emotions, we must first identify how we feel and acknowledge that no feeling is “good” or “bad.” All feelings are useful information to help us navigate our world with success!

HOW TO USE

- Print and post this chart somewhere visible, like the refrigerator
- Every day, family members and educators can guide young people to name their emotions, then provide support through active listening and encouragement

Right now, I am feeling ...

 Happy	 Excited	 Silly	 Energized
 Confident	 Loved	 Grateful	 Surprised
 Thoughtful	 Calm	 Sensitive	 Tired
 Bored	 Sad	 Jealous	 Disappointed
 Sick	 Frustrated	 Worried	 Angry