

# Feelings Chart

A feelings chart is a great visual aid to help children communicate how they are feeling. It develops emotional intelligence and self-awareness in helping them understand their emotions and is also a great tool to help parents and educators check in on their kids' mental health to better address their needs. Print this chart and display it somewhere where your child can see it.

## Today I feel ...



Happy



Sad



Angry



Worried



Confused



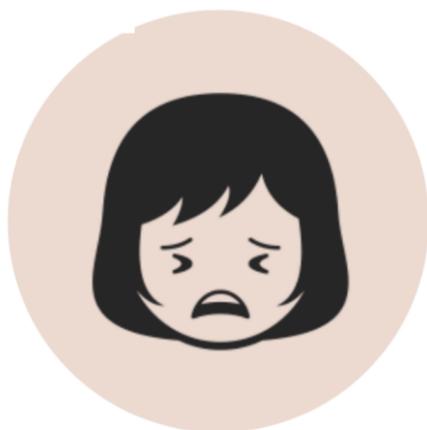
Frustrated



Excited



Surprised



Scared



Tired



Embarrassed



Nervous

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