Feelings Identification Chart

All feelings are okay. Point to the face that matches, or circle more than one. Then notice where you feel it in your body.



Happy
I feel it in my _____



Calm
I feel it in my _____



Excited
I feel it in my _____



Proud
I feel it in my _____



Worried
I feel it in my _____



Scared
I feel it in my _____



Sad
I feel it in my _____



Lonely
I feel it in my _____



Frustrated
I feel it in my _____



Angry
I feel it in my _____



Tired
I feel it in my _____



Embarrassed
I feel it in my _____

Today I feel _____ because _____

Remember: feelings are information. They are not good or bad, and they change.

Emotional Intensity Thermometer

Feelings come in different sizes. Rate how big your feeling is right now, then choose what helps at that size.

9–10
Biggest

What helps at this level
Stop, stay safe, and get a trusted grown-up. Breathe slowly. Wait before talking or deciding.

7–8
Big

What helps at this level
Take a break. Use a calm-down card. Move your body or ask for a hug.

4–6
Medium

What helps at this level
Notice it. Name it. Try a deep breath or a quick reset.

1–3
Small

What helps at this level
Great time to practice a skill. Check in on your body.

Right now my feeling is a ____ out of 10. The feeling is: _____

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. Not a substitute for individualized professional care. In a crisis call or text 988, or call 911.

Calm-Down Strategy Cards

Cut along the dashed lines. Keep them in a bag, pocket, or calm-down corner. Practice when you are calm so they are easier when you are not.

Belly breathing

1. Put a hand on your belly.
2. Breathe in through your nose for 4.
3. Breathe out slowly for 6, like blowing a candle.
4. Repeat 5 times.

5-4-3-2-1 senses

1. Name 5 things you see.
2. 4 things you can touch.
3. 3 things you hear.
4. 2 things you smell.
5. 1 thing you taste.

Squeeze & release

1. Make tight fists for 5 seconds.
2. Let go and feel the difference.
3. Now scrunch shoulders, then drop them.
4. Do toes, then legs.

Cool down

1. Splash cool water on your face or hold something cool.
2. Take 3 slow breaths.
3. Notice how your body feels now.

Count it out

1. Count backwards from 20.
2. Go slowly.
3. If you lose count, start again. That is okay.

Ask for a hug

1. Say, "I need a hug" or "I need space."
2. Take 3 slow breaths together.
3. Tell them how you feel when you are ready.

Move your body

1. Do 10 jumping jacks or wall push-ups.
2. Stretch up high, then touch your toes.
3. Shake out your hands and feet.

Draw it out

1. Draw how your feeling looks.
2. Give it a color and a shape.
3. Change the drawing to show it getting smaller.

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. Not a substitute for individualized professional care. In a crisis call or text 988, or call 911.

What Can I Do When I Feel Overwhelmed?

Overwhelmed means a lot is happening at once. Slow down and take it one step at a time.

1. Right now I feel…

2. My body is telling me… (tight, hot, shaky, tired)

3. What is making things feel like too much?

4. Circle the things that might help

Take 5 slow breaths	Take a short break	Get a drink of water
Move my body	Ask for help	Tell someone how I feel
Write or draw it	Make a small list	Listen to calm music

5. What is ONE small thing I can do next?

6. Who can I ask for help? (a grown-up or someone I trust)

Remember: You do not have to do everything at once. Taking one small step counts.

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. Not a substitute for individualized professional care. In a crisis call or text 988, or call 911.