AGES 4–10 PRINTABLE WORKSHEET

My Feelings Chart



WHAT THIS IS

Feelings have names. When we can name a feeling, it gets easier to handle. This chart shows seven common feelings.

HOW TO USE IT

1. Look at each face and say its name out loud.
2. Finish the sentence: "I feel this when…"
3. Color the faces that you felt today.

EXAMPLE

*"I feel **worried** when I have a test. I feel **excited** when it is my birthday."*



Happy

I feel this when…



Sad

I feel this when…



Angry

I feel this when…



Worried

I feel this when…



Frustrated

I feel this when…



Excited

I feel this when…



Confused

I feel this when…



My own feeling

Draw it and name it

Today I felt: (circle the faces above)

All feelings are okay. Feelings come and go, like weather.

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