



# Feelings Tools for Young Children

it's okay to feel



your feelings





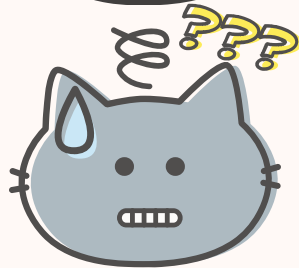
# How do you Feel ?

## Basic Feeling Words

Sad



Scared



Silly



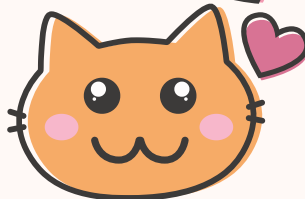
Angry



Calm



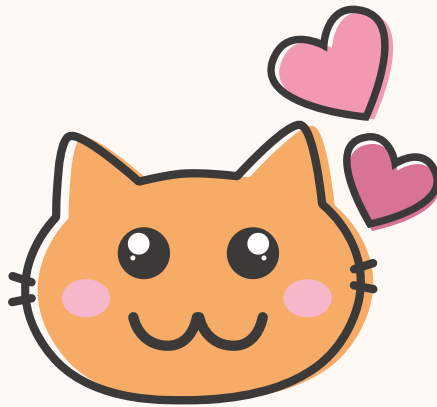
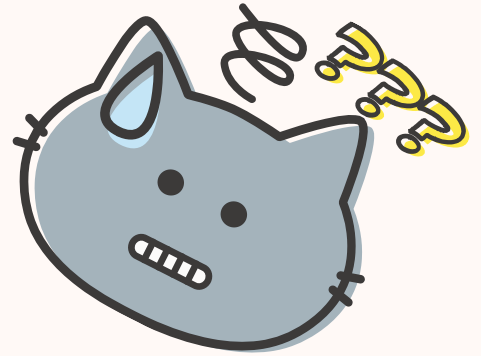
Happy





# How do you Feel ?

## Basic Feeling Words



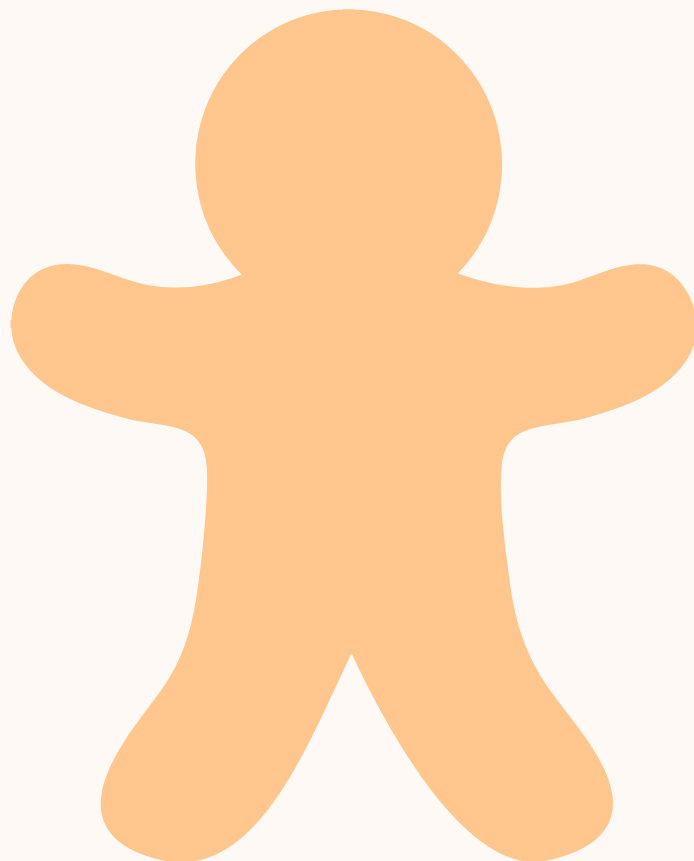


# The Gingerbread Body Map

How does it feel in your body?

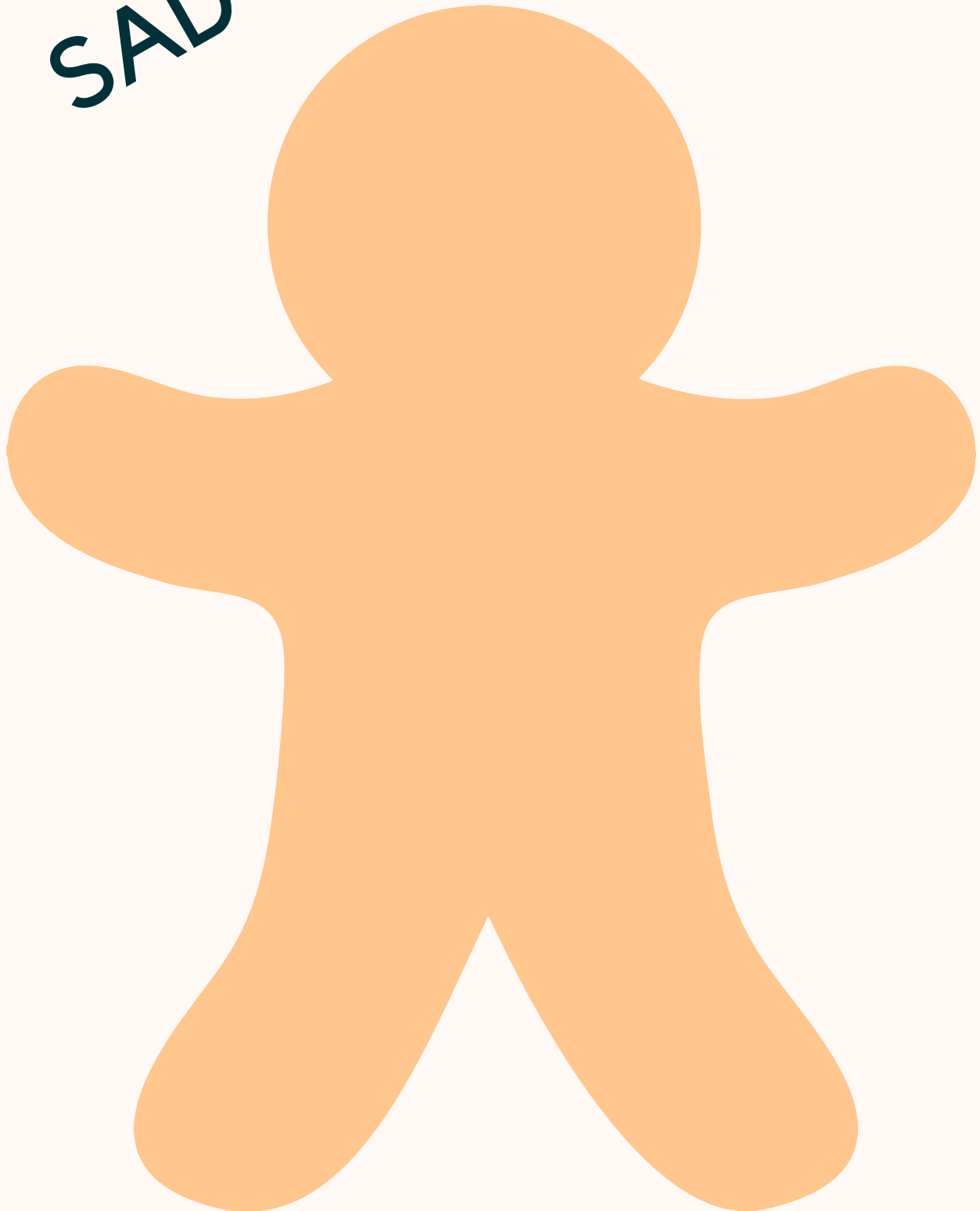
What does it feel like?

Where do you feel it?



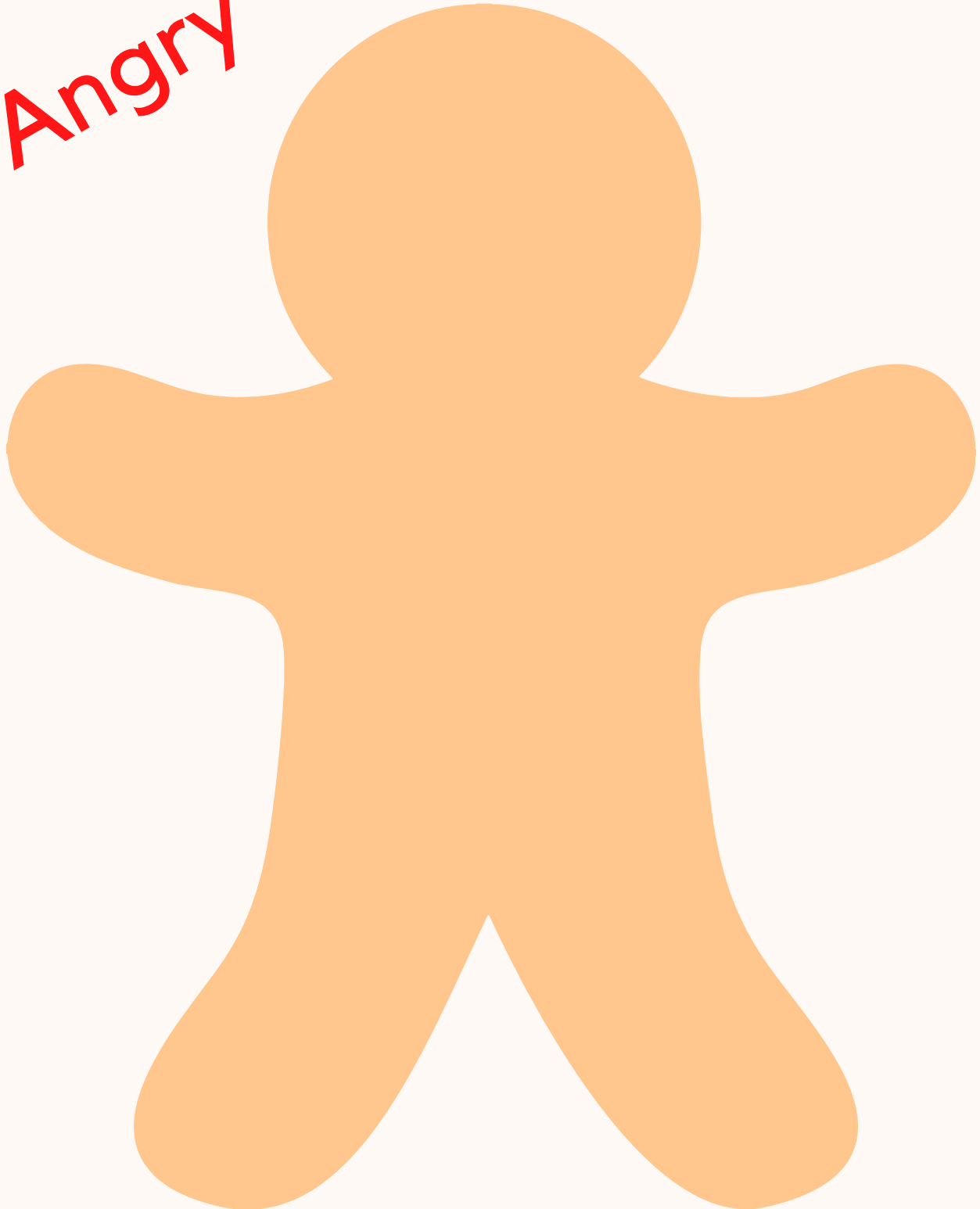


**SAD**



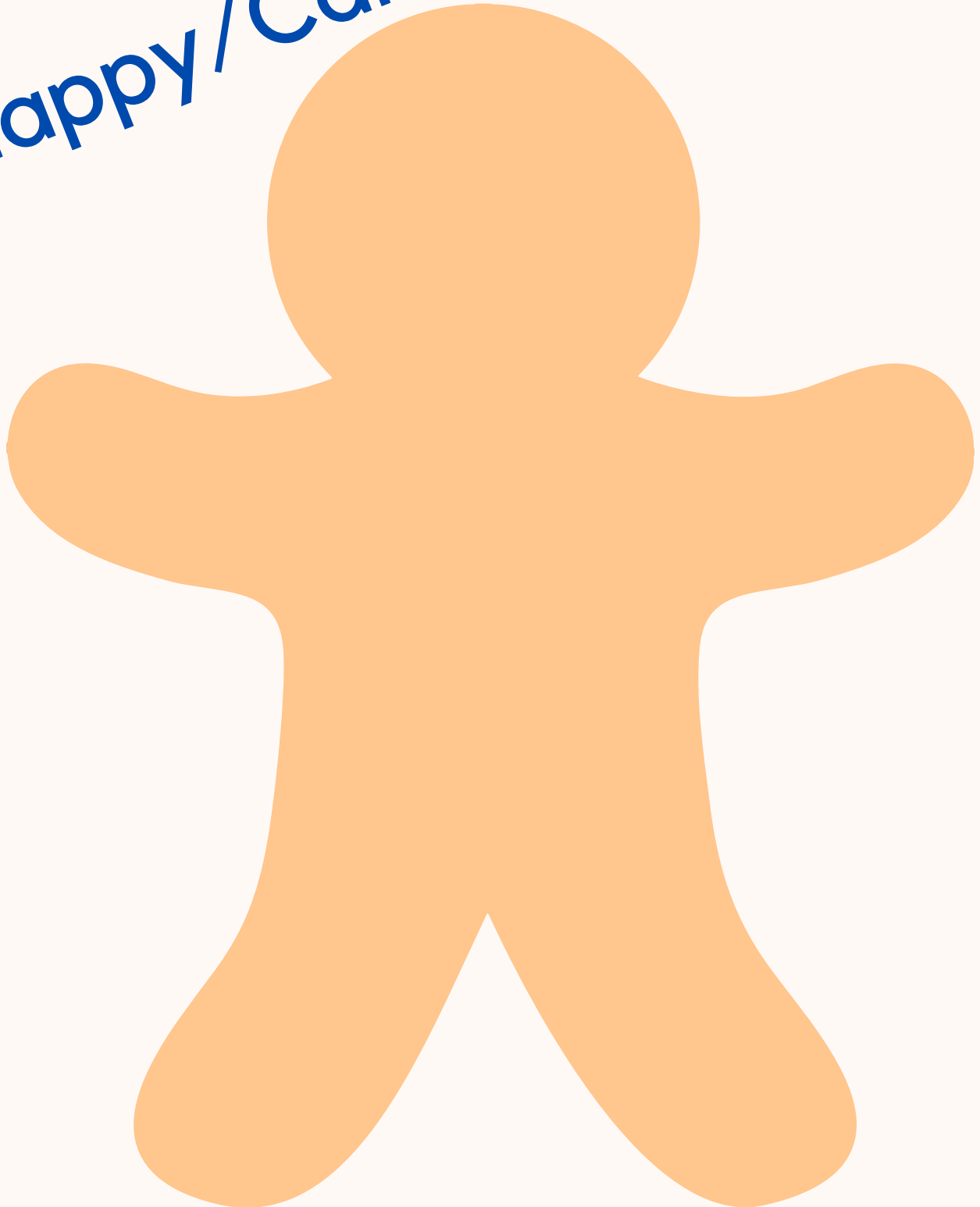


**Angry**



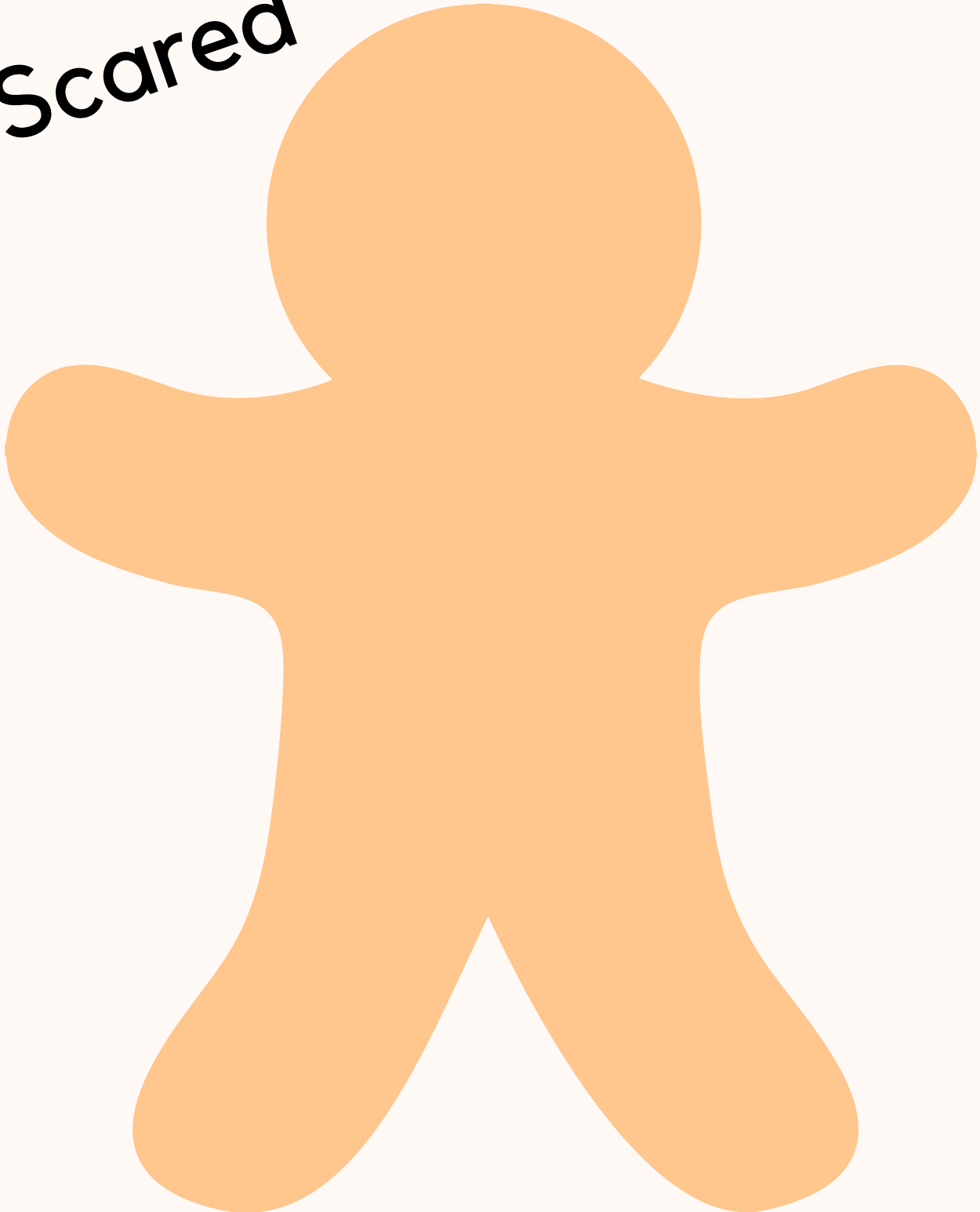


Happy / Calm

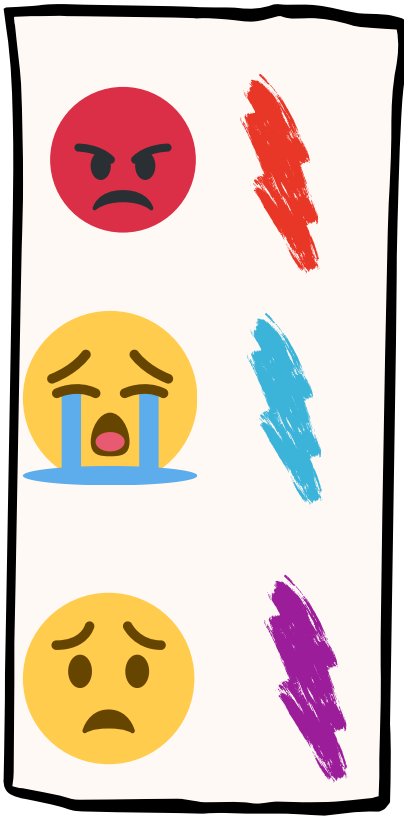




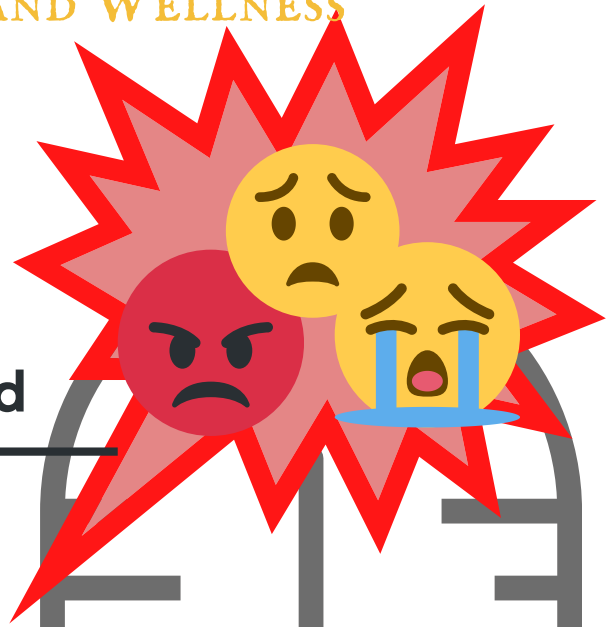
**Scared**







**VERY**  
**Angry/Sad/Scared**



**A little bit**  
**Angry/Sad/Scared**



**Calm / Happy**

## Feelings Thermometer

# Big Feelings!

## Using tools and Dialogue

**Its okay to have big feelings! Give Feeling words and discuss how they feel in the body and what they look like**

Pages: Feeling images, words and body map coloring

**Show me your big feelings. How do you feel?**

Pages: Feeling images and words and verbalizations, body maps

**Wow! That's a big feeling to have. Is it a little bit or very big? Can you show me?**

Pages: Feelings thermometer with clothespins to mark spots or coloring

**I'm so sorry you are feeling so \_\_\_\_\_! Its so hard to feel so \_\_\_\_\_! Thank you for telling me.**

Offer Empathy and Validation

**How can I help? What do you need?**

Needs cube/Needs board

# What do you NEED?



**HUGS**



**SPACE**



**DEEP  
BREATHS**



# What do you **NEED?**

What helps you to feel better or calm down? Write or draw your own!

