

Emotions E-worksheet





Laugh



Happy



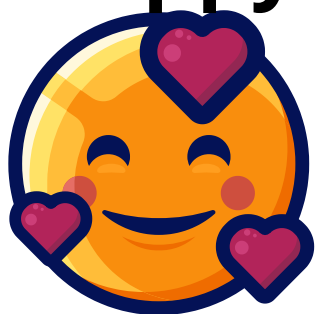
Love



Fun



Excited



Care



Hungry



Tired



Sick



Scared



Confused



Worried



Sad



Upset



Crying



Angry



Instructions for Parents

Print out the Emotions Chart

If you can laminate the Chart

Place the chart in an easy to reach space that you and your child normally use. (the kitchen or living room.)

Make sure your child is able to touch the Chart.

On a regular basis though out the day ask your child to point to how they are feeling

From the age of 2 your child should know the simple emotions like happy , sad and angry. As they grow this will increase.

Questions to ask around emotions

If they are pointing to an angry or sad emotion you want to know why?

Has something happened or someone said something to make you feel like this?

How can we help you get over to a happy face?
Talk about what makes them happy.

Create a chill Zone when they can go to think or calm down with some of their favourite stuff.

I understand you are angry how can I help?

Listen don't judge and don't fix their problems help them solve it.

Try use positive words don't focus on the bad behaviour. Give Lots of cuddles, love and praise.

Kids love praise