

# Emotions E-worksheet





**Laugh**



**Happy**



**Love**



**Fun**



**Excited**



**Care**



**Hungry**



**Tired**



**Sick**



**Scared**



**Confused**



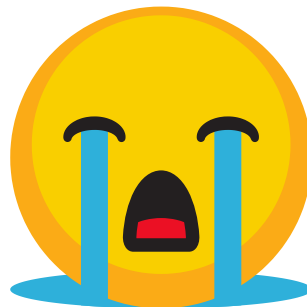
**Worried**



**Sad**



**Upset**



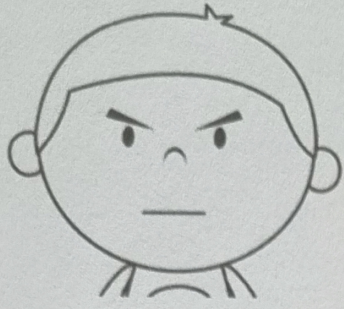
**Crying**



**Angry**



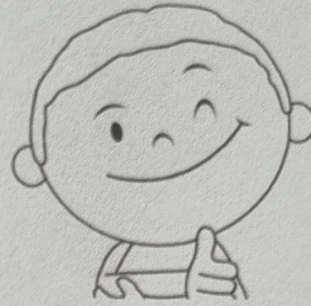
# Character Emotions Chart



angry



bored



confident



confused



curious



disappointed



embarrassed



excited



happy



hurt



jealous



kind



sad



scared

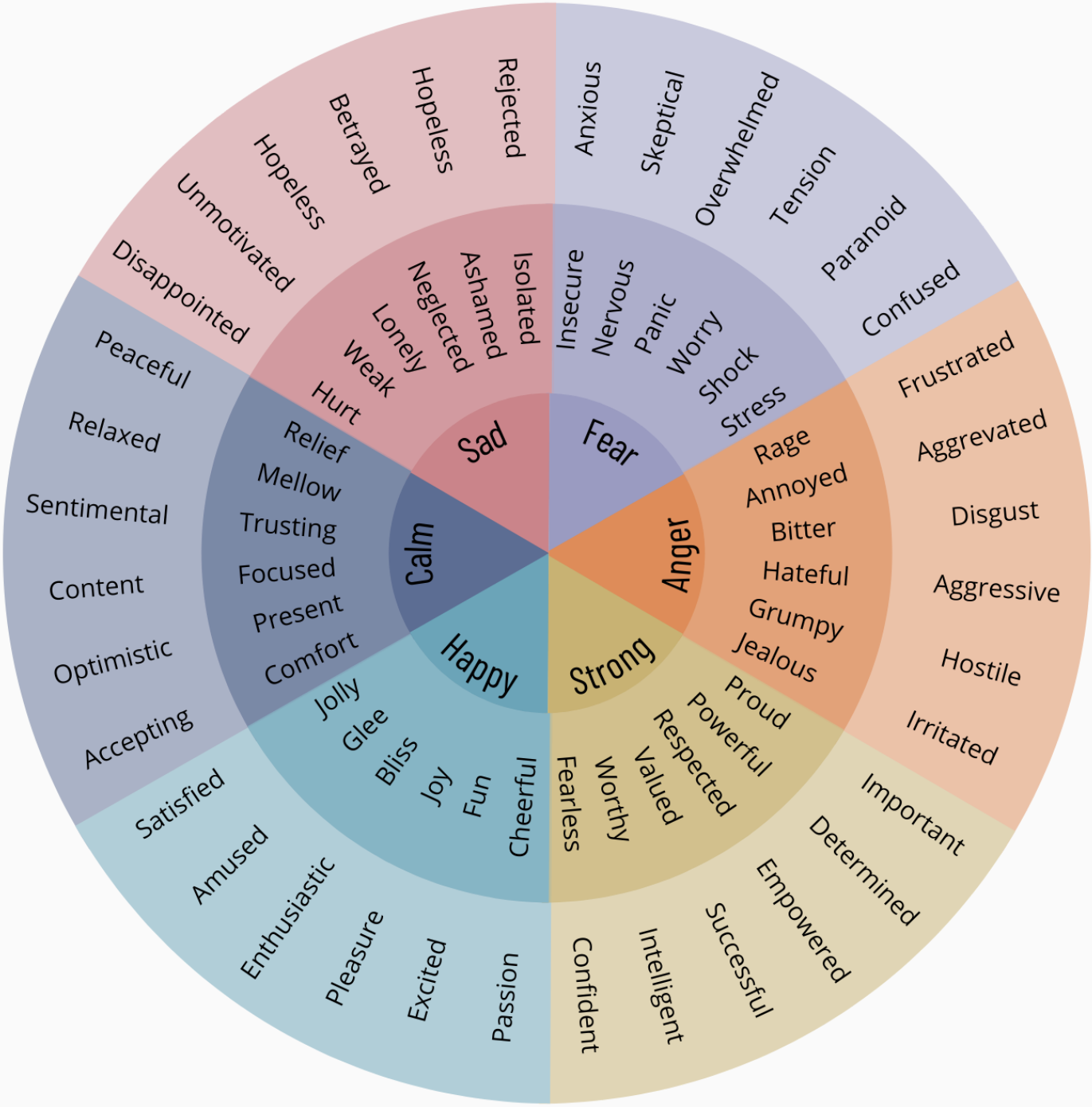


surprised



worried

# The Feel Wheel



# Instructions for Parents

Print out the Emotions Chart & Feeling Wheel

If you can laminate them

Place them 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 use the feelings wheel to help your child broaden their vocabulary by introducing more words to describe their feelings

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 a 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 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 dont 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