

My Feelings Chart

How do I feel?



Happy



Sad



Tired



Worried



Angry

My Choices



Ready to
listen!



Have a
play



Go
outside



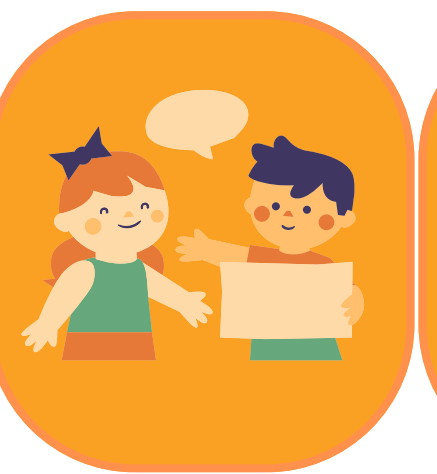
Blow
bubbles



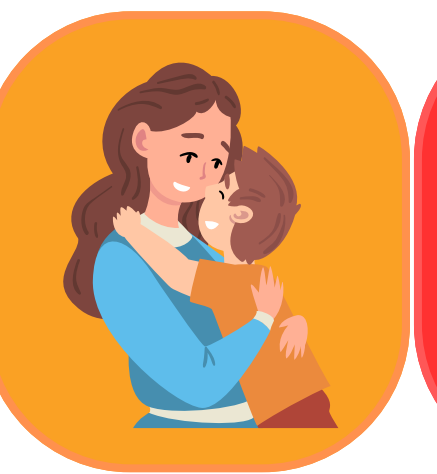
Have a
drink



Jump or
dance



Have a
chat



Have a
hug



Calm
breathing



Cuddle a
teddy