

## Activity: Feelings Chart – How are you feeling today?

- Provide child with a copy of the **Feelings Chart: How Are You Feeling Today?**
- Discuss the various feelings represented and the expressions of the fox character.
- Ask the child to choose one or more feelings that he/she is feeling at the moment.
- Encourage the child to tie experiences that are discussed in the session to a feeling on the **Feelings Chart** and refer to this chart throughout the child and family sessions to continue to support child in gaining an emotional vocabulary.
- Tie feelings from the **Feelings Chart** to the color zones on the Feeling Thermometer as appropriate.
- Invite the child to cut out individual feelings and attach them his/her narrative map to indicate the emotions he/she experienced around specific events.



# How are you feeling today?



calm



confused



excited



surprised



frustrated



happy



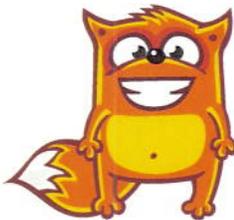
mad



yucky



nervous



proud



sad



silly



scared



worried



tired