

HOW DO YOU FEEL TODAY?


Sometimes, feelings can be hard to identify.
Guide your child to use words to express their feelings
and help them to manage their emotions.





Instructions

1. Print out the activity sheet “How Do I Feel Today?”
2. Have your child to write down their name on the sheet.
3. Your child may put a clothes pin or paper clip at the emotion they felt for the day.

Tips on Helping Your Child Manage Their EMOTIONS

 Help your child identify their emotions and teach them words to describe their feelings (e.g. use words like “I am feeling sad.”)

 When your child is experiencing a strong or difficult emotion, you can help them figure what’s causing them to feel this way.

 Explore with them ways to manage the unhelpful thoughts, such as by thinking positively, taking deep breaths or taking a walk outdoors.

Want more tips? Head over to [MindSC](#).



Learn the ins and outs of raising a
healthy child at [PARENT HUB](#).

HOW DO I FEEL TODAY?

I will say how I feel, why I feel that way and do something to help me feel better.

It's OKAY to feel different emotions throughout the day.

Name: _____



Happy



Silly



Excited



Sad



Sleepy



Angry