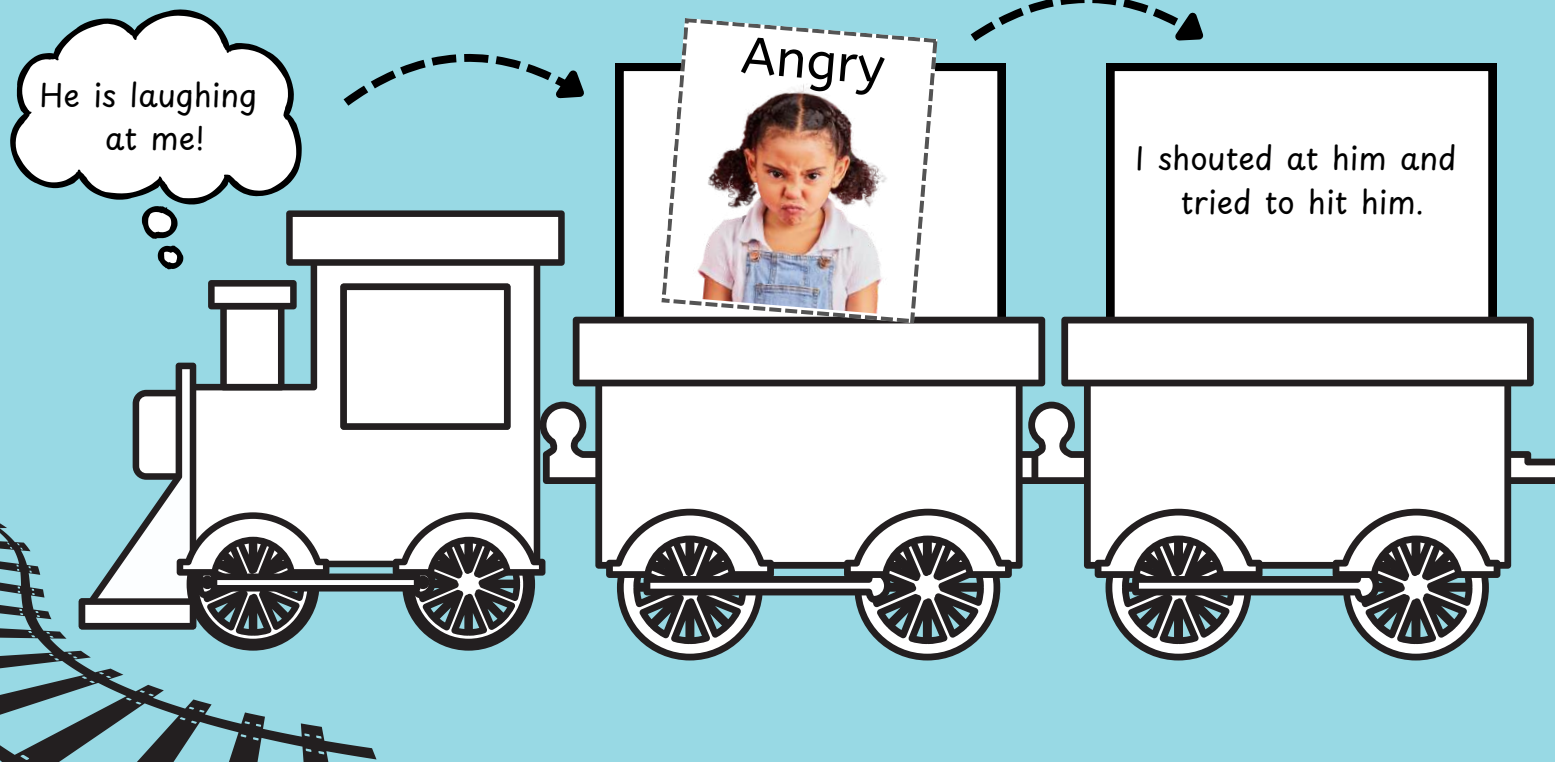


CBT Emotion Train Worksheets for Kids

[www.FeelingsHelpBox.com](http://www FeelingsHelpBox.com)

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How Does the Emotion Train Work?

Sometimes things happen that make you feel upset, worried or angry. Your Emotion Train helps you understand what was going on in your mind and body. It shows what you were thinking, how you were feeling, and what you did. Each part of the train helps you look at one part of your experience.

Thought Engine

This is the front of the train. It usually comes first and starts the journey. It shows what you were thinking at the time.

Example:

"I can't do this." or "They are laughing at me."

Feeling Carriage

What you think can make you feel a certain way inside.

One thought can lead to feelings like worry, sadness, or anger.

Example:

If you think "I can't do this," you might feel worried or angry.

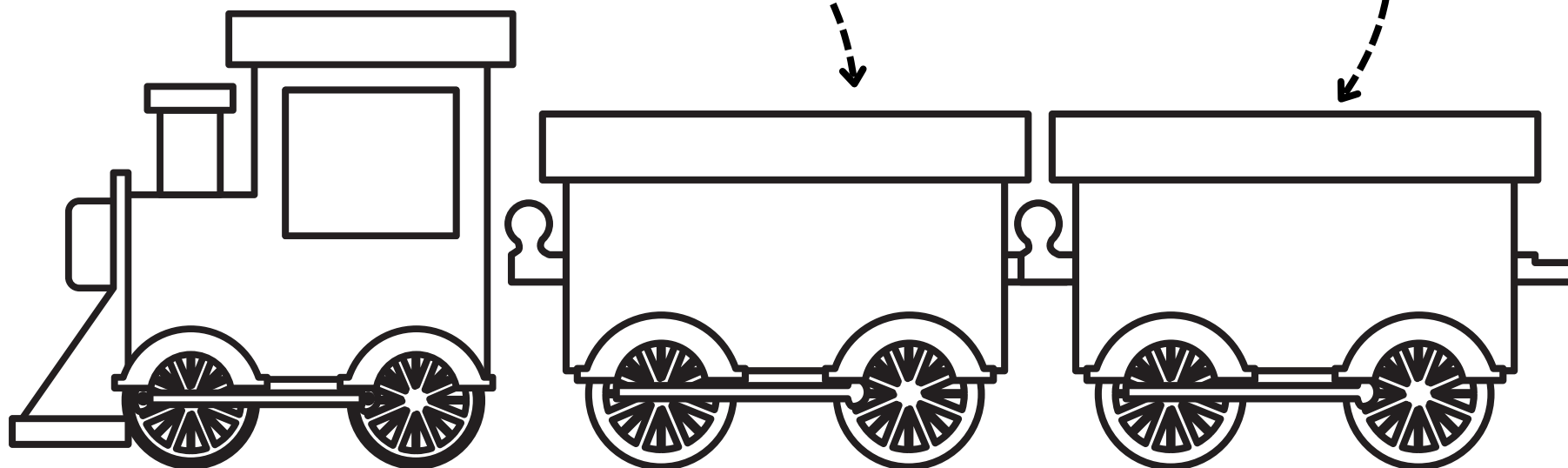
Behaviour Carriage

When we feel something strong, we usually do something because of it.

Your feelings can lead to your behaviour – what you say or do.

Example:

If you feel angry, you might shout, walk away, or slam a door.



Now It's Your Turn! Let's Fill In Your Emotion Train

Follow the steps below to think about something that happened and how it made you feel and act.

1. Thought Engine – What did you think?

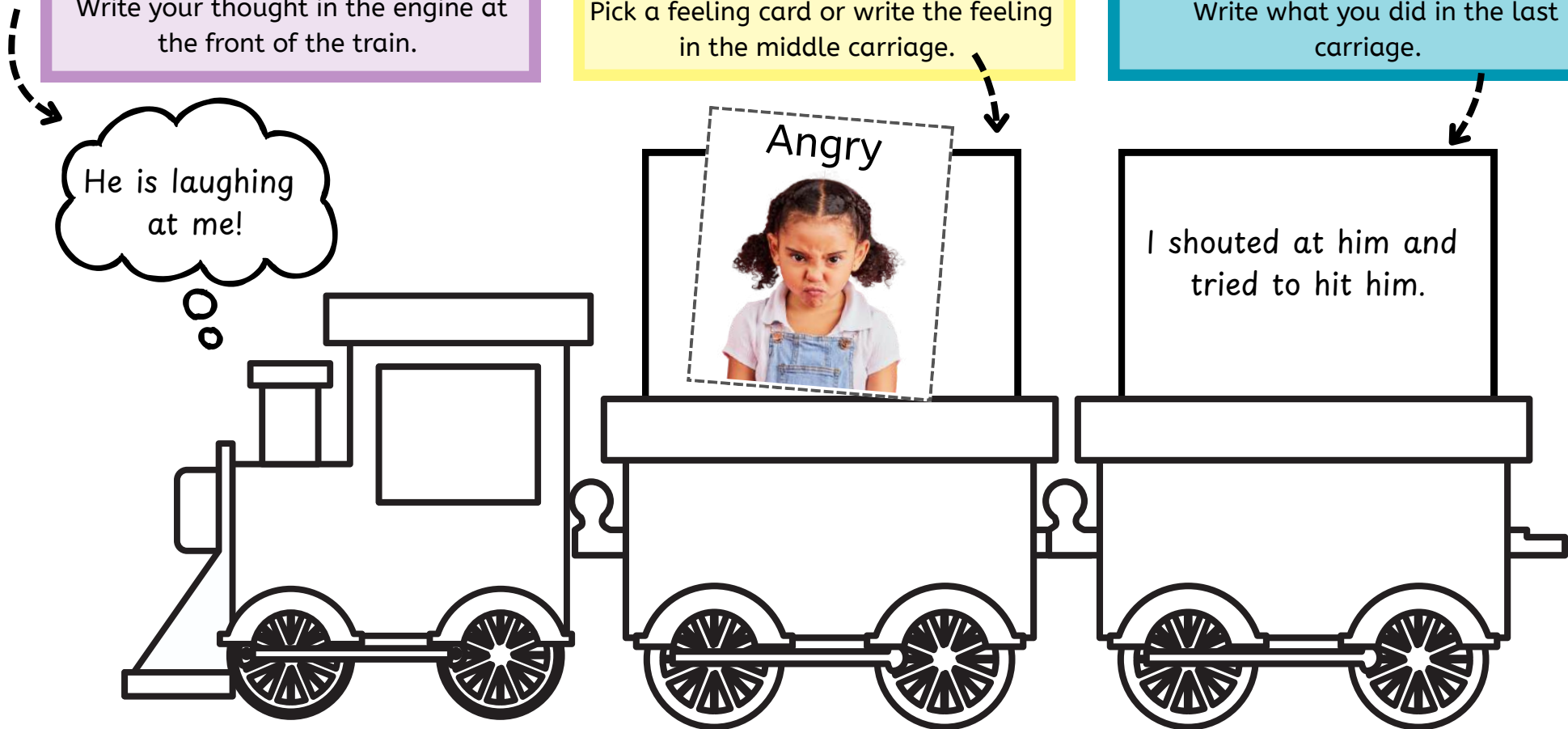
Think about what was going through your mind when the thing happened. This is the thought you had. It might be something you said in your head. Write your thought in the engine at the front of the train.

2. Feeling Carriage – How did you feel?

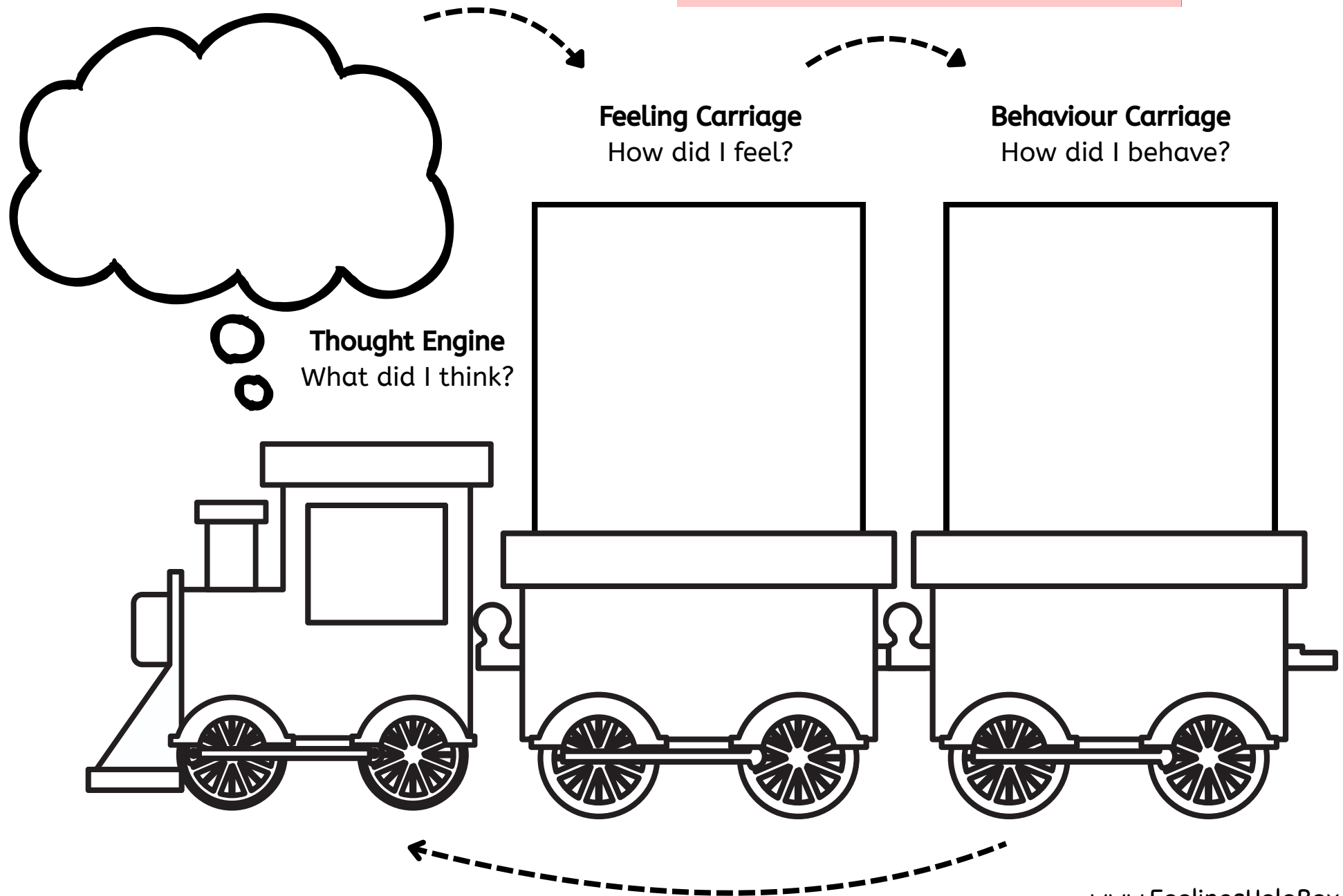
Now think about the feeling you had when you thought that. Did you feel sad, worried, angry, or something else? Pick a feeling card or write the feeling in the middle carriage.

3. Behaviour Carriage – What did you do?

Think about what you did when you felt that way. Did you say something, do something, or act a certain way? Write what you did in the last carriage.



My Emotion Train



How Are the Carriages Connected?

Now that you have filled in your train, you can see how your thought, feeling, and behaviour all fit together. Just like real train carriages are joined and pull each other along, your thoughts, feelings, and actions are linked.

What you **think** can change how you **feel**
How you **feel** can change what you **do**.



Let's look at an example:
If you think: "**I can't do this...**"
You might feel: **Worried or sad**.
And then do something like: **Walk away or cry**.

This shows how one thought can affect your feelings and your actions.
But here is something important: if you change one part, the rest can change too!



You can:

- Think something more helpful
- Find a way to calm your feelings
- Choose a different behaviour



If you think: "**I will give it a try**"
You might feel: **Brave or calm**.
And then do something like: **Ask for help or try your best**.

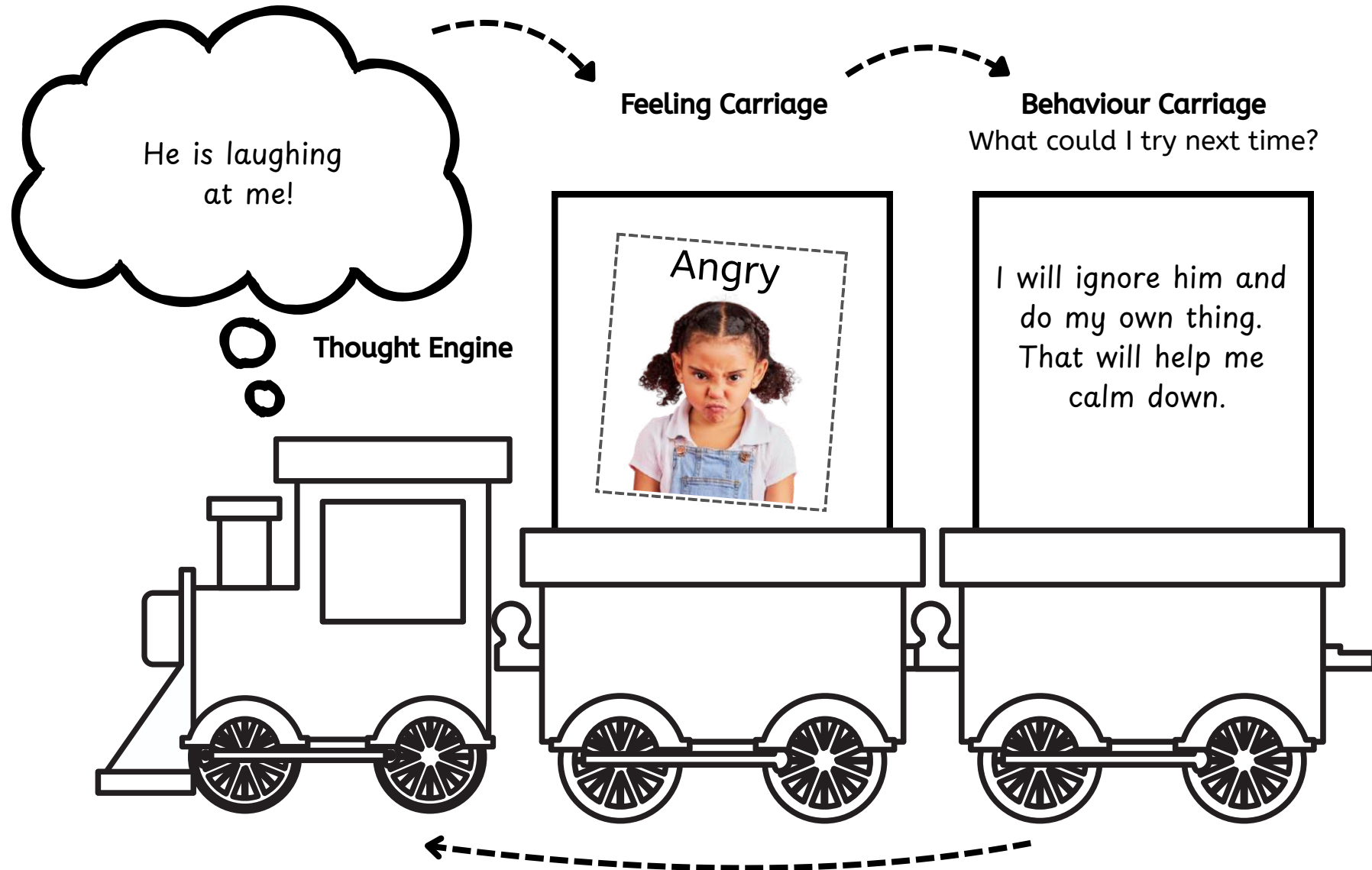


If you choose a different behaviour, even if you still feel a bit worried...
You might stay calm and try anyway.
Then you might think: "That was not as hard as I thought."
Now your thought has changed too –
just because you tried something different.

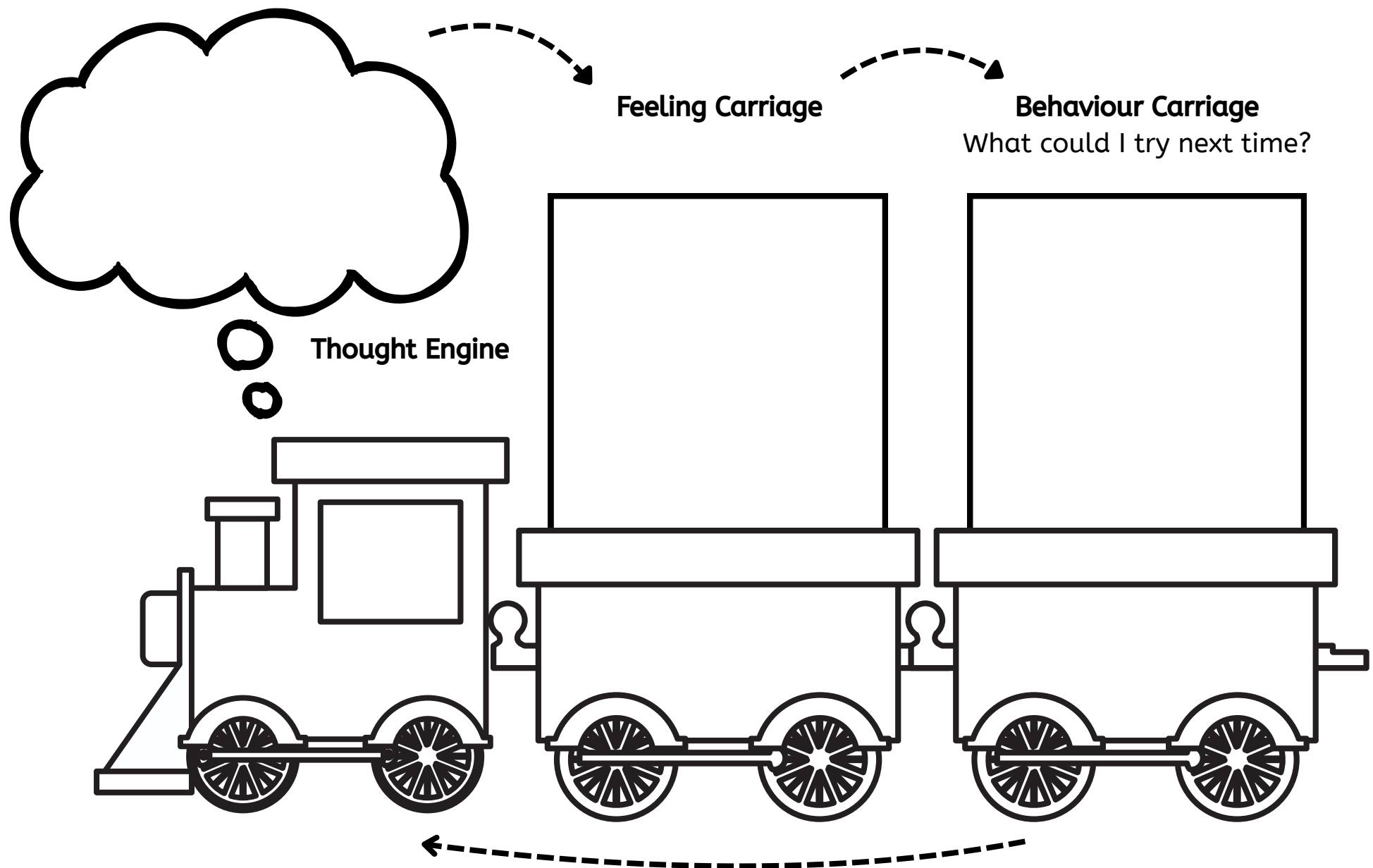
That is how you can help your Emotion Train move in a better direction next time.

Now Let's Switch the Load

Now that you have filled in your first train, it is time to think about what you could do differently next time. Keep the same thought and feeling, or change them if you want to. Then think of a new behaviour – something more helpful or kind that you could try instead. Fill in the second train to show your new idea. This is your chance to switch the load and choose a better way forward.



Switching the Load



Emotions

Sad



Angry



Worried



Scared



Disappointed



Nervous



Lonely



Jealous



Emotions

Upset



Bored



Shy



Guilty



Left out



Confused



Hurt



Tired



Emotions

Embarrassed



Ashamed



Grumpy



Overwhelmed



Grateful



Safe



Hopeful



Surprised



Emotions

Happy



Calm



Proud



Excited



Brave



Loved



Confident



Relaxed



Emotions

Curious



Hopeful



Playful



Thankful



Cheerful



Silly

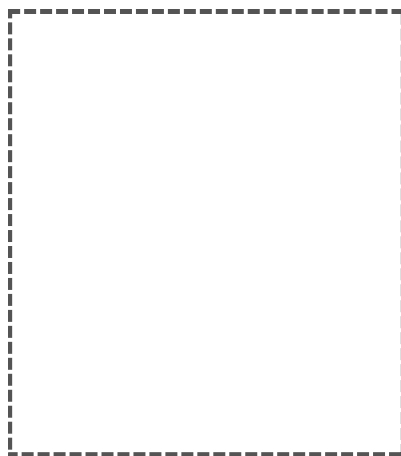
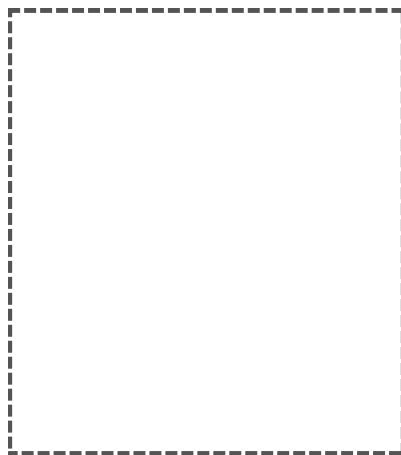


Safe

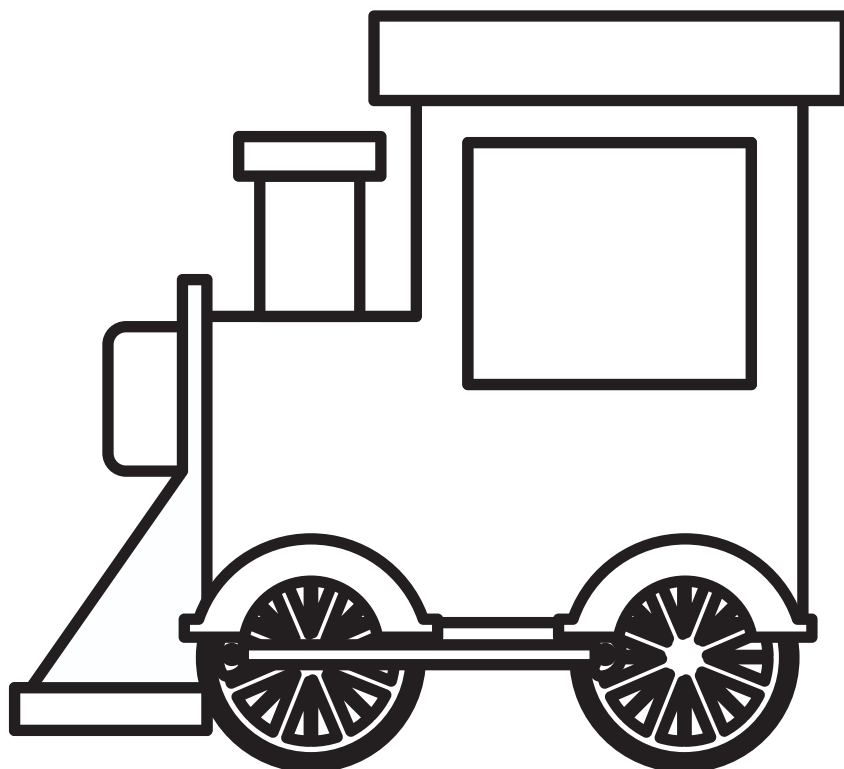


Kind

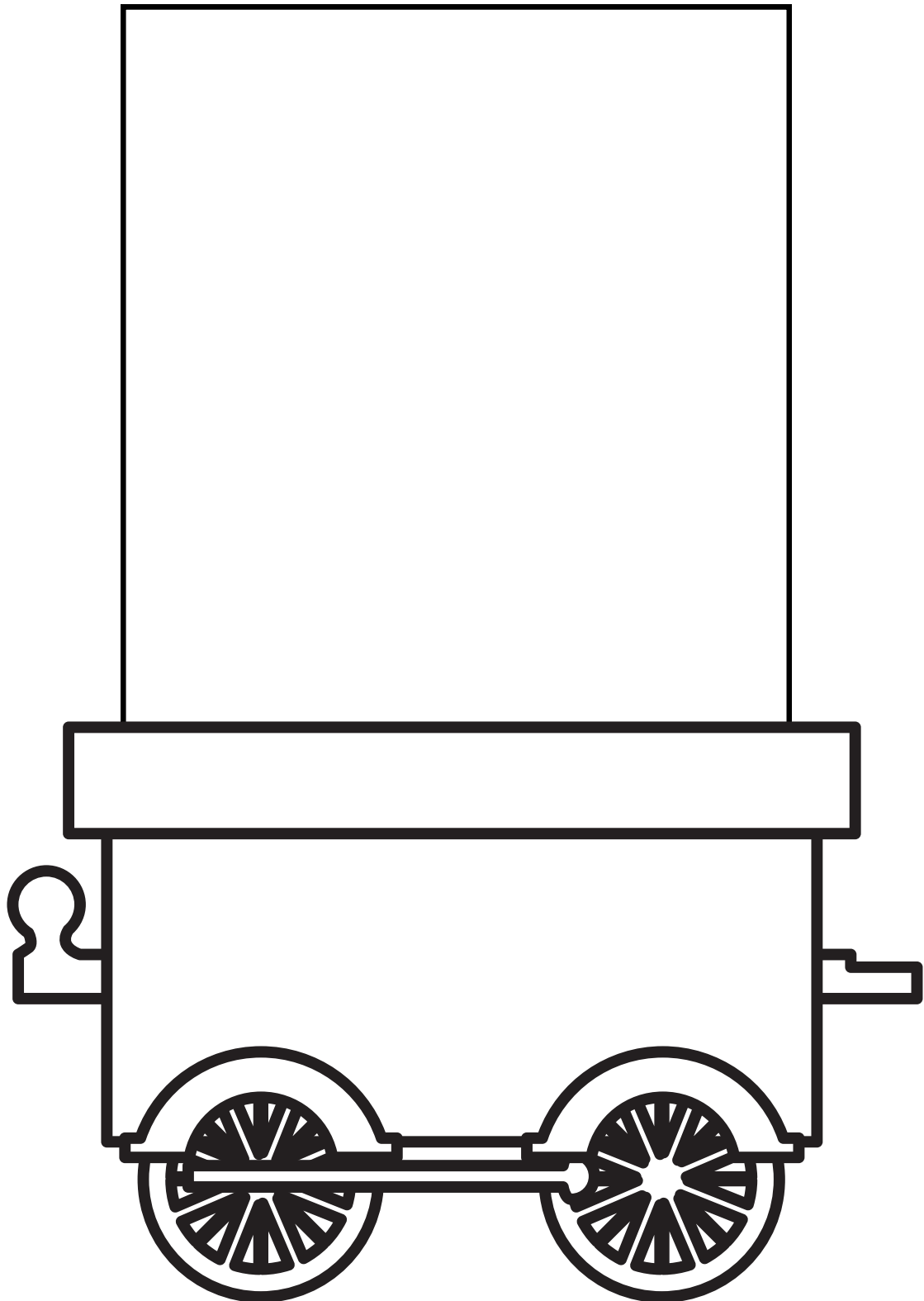




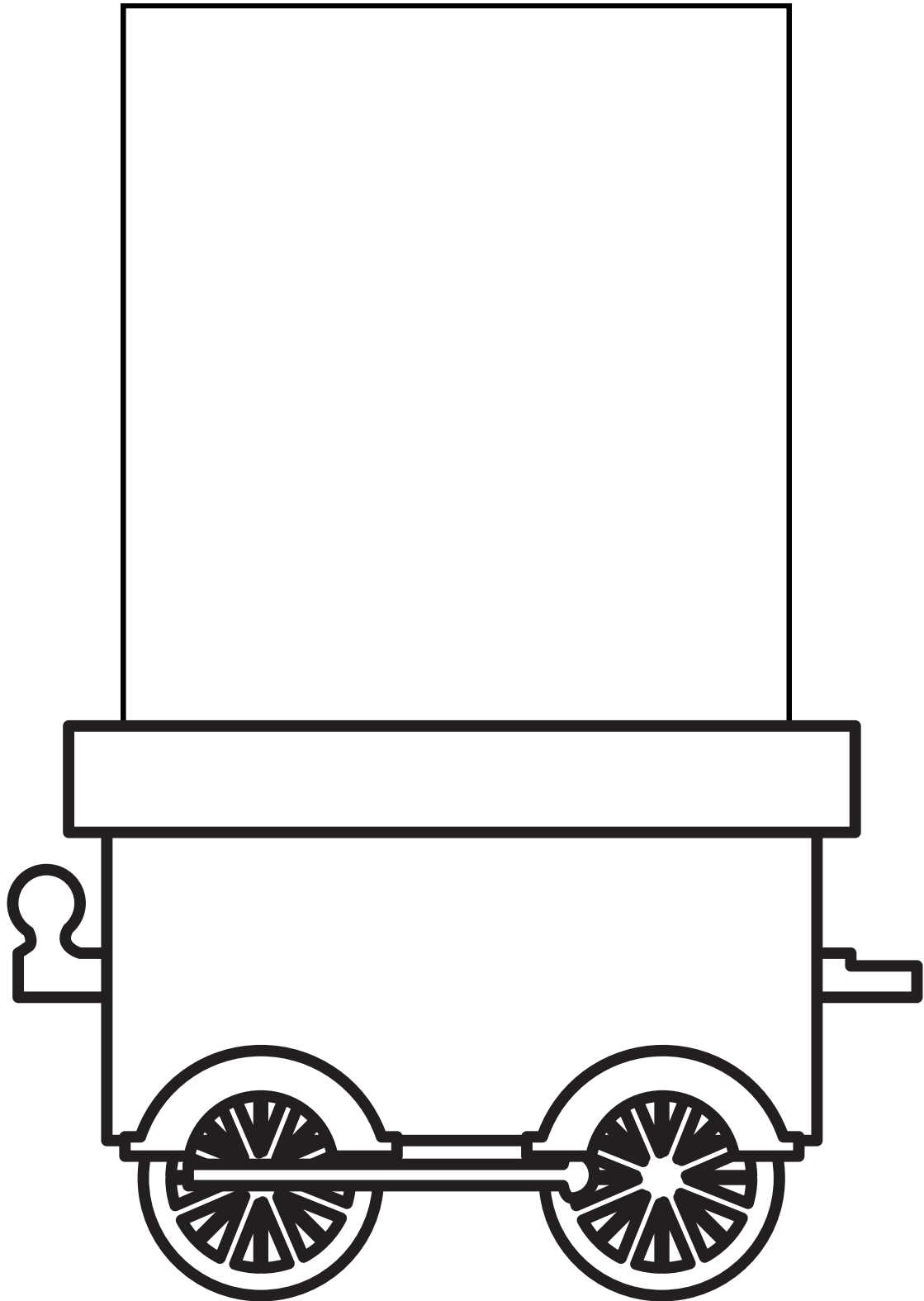
Thought Engine



Feeling Carriage



Behaviour Carriage





About the Resource

The CBT Emotion Train is a free printable PDF worksheet designed to help children understand and manage their emotions using cognitive behavioural therapy (CBT) techniques in a simple, visual way.

This child-friendly resource teaches children how their thoughts, feelings, and behaviours are connected, using a train metaphor to make emotional learning easy and engaging.

How It Works

The Emotion Train includes three connected parts:

- Thought Engine – What was I thinking?

Children identify the thought that started the situation.

Example: “They are laughing at me.”

- Feeling Carriage – How did I feel?

They explore the emotion linked to the thought, such as anger, sadness, or worry.

- Behaviour Carriage – What did I do?

Children reflect on how the feeling led to an action or response.

A second train allows children to “Switch the Load” by changing their response, encouraging more helpful thinking and behaviour.

Why Use This Worksheet?

This CBT-based resource is ideal for helping children:

- Understand how thoughts affect feelings and behaviour
- Develop emotional regulation and coping skills
- Practice self-reflection and problem-solving
- Build awareness of their inner world in a calm, supportive way

Perfect For:

- Teachers and school staff
- Parents and carers
- Counsellors and therapists
- Social workers and emotional literacy support

This printable CBT worksheet for kids supports emotional wellbeing, reduces anxiety, and builds resilience through a clear and creative approach.