

How is your **BRAIN** **FEELING** today?



strong



energetic



tired



creative



happy



upset



frustrated



satisfied

Free Download



angry



unsure



powerful



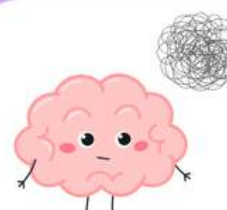
relaxed



curious



confused



worried



lonely

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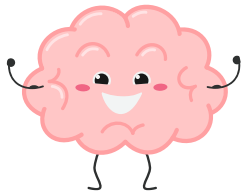
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Free social work
resources for
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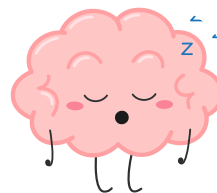
How is your **BRAIN** **FEELING** today?



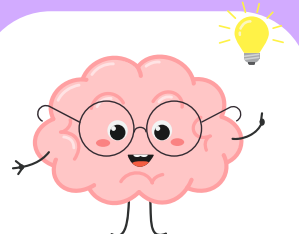
strong



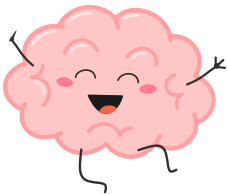
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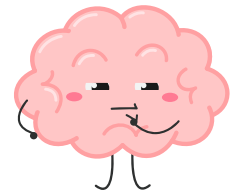
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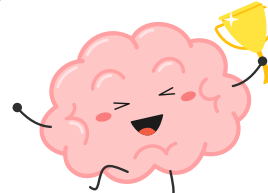
reflective



calm



funny



proud



motivated



angry



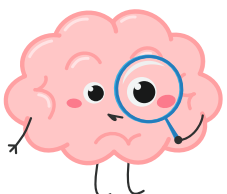
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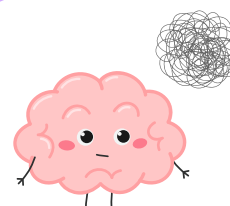
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About this Resource

This colourful feelings chart for children helps young people identify and express their emotions. Each brain character shows a different feeling, such as strong, angry, calm, happy, curious, energetic, upset, confused, funny, unsure, tired, frustrated, relaxed, motivated, reflective, lonely, creative, proud, powerful, and worried.

The resource is designed for social workers, teachers, counsellors, and parents to use with children in direct work, classrooms, or therapy sessions. It makes it easier for children to point to how they are feeling, even if they cannot yet find the right words.

Using a visual emotions chart like this supports emotional literacy, helps children talk about worries or frustrations, and builds self-awareness. It is also a useful tool for starting conversations about mental health and wellbeing.

You can download more free social work tools, feelings worksheets, and emotional wellbeing resources for children and families at:

www.SocialWorkersToolbox.com