

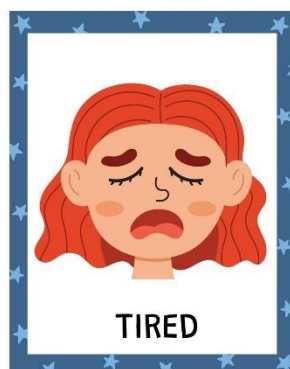
“How Are You Feeling Today?”

Emotions Sheet

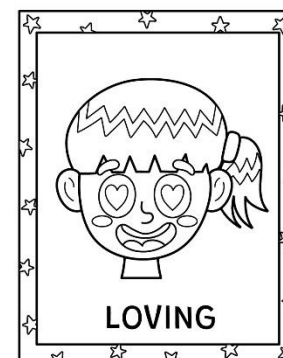
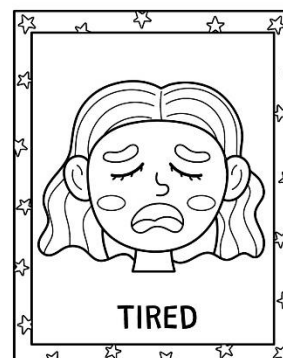
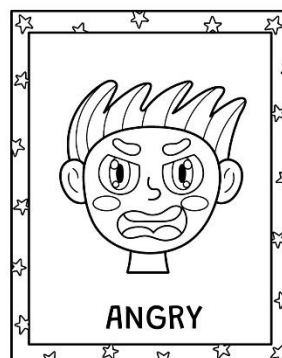
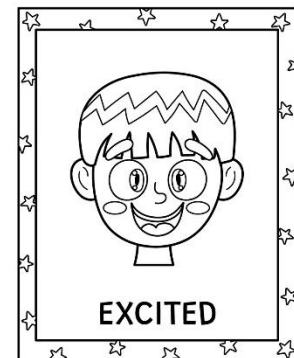
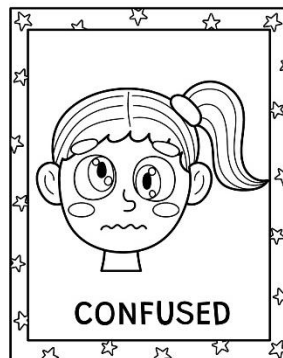
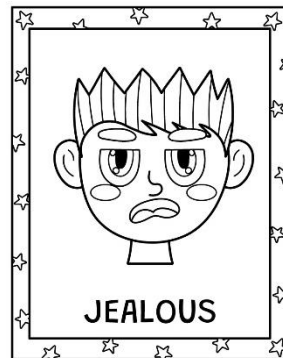
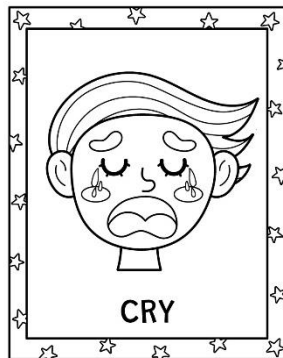
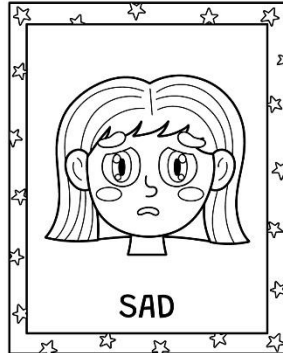
for Children



How Are You Feeling Today?



How Are You Feeling Today?



About this Free Printable Resource

This resource is a feelings worksheet designed to enhance emotional literacy among children. It serves as a useful tool for fostering emotional awareness and supporting children's emotional well-being. The worksheet helps children articulate their emotions, aiding in their emotional development. It stands as a valuable child therapy resource which can also be integrated seamlessly into classroom emotional check-ins for kids.

How Professionals Can Use This Resource

- **Child Therapy Sessions:** Therapists can incorporate this worksheet into sessions as a tool to understand and navigate children's emotions, facilitating deeper discussions about feelings.
- **Classroom Settings:** Educators can use the worksheet for classroom emotional check-ins, helping students articulate their feelings and promoting a supportive learning environment.
- **Parent-Child Communication:** Parents can utilise this tool at home to encourage open dialogues about emotions, enhancing parent-child communication about feelings.
- **Mood Tracking:** This resource can be used daily as a mood tracker for kids, helping them and their caregivers identify patterns in emotional responses over time.
- **Educational Workshops:** Professionals conducting workshops on emotional development in children can use this worksheet to engage participants and illustrate key concepts in child psychology.

For more **free resources on emotions**, visit www FeelingsHelpBox.com.

www.FeelingsHelpBox.com

Free Emotions &
Feelings Resources



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