

A TIME I FELT REALLY **HAPPY**



What was happening? Who was with me? What made it such a good moment?

A TIME I FELT **LEFT OUT**



Did other people notice? How did I manage that feeling? What would I want to happen next time?

A TIME I **HELPED** SOMEONE



Who did I help? What did I do? How did it feel inside?

A TIME I MADE SOMEONE **SMILE**



What did I do or say? How did the other person react? How did it feel to make them happy?

Emotion Reflection Cards for Children

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

FREE DOWNLOAD

A TIME I FELT REALLY **ANGRY**



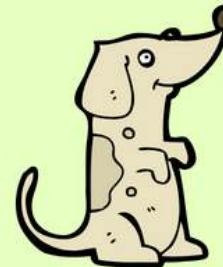
What made me feel that way? What did I do with the anger? Was there something that helped me calm down?

A TIME I WAS VERY **EXCITED**



What was I looking forward to? What did I do when it finally happened?

A TIME I WAS **BRAVE**



What made me scared at first? What helped me to try anyway?

A TIME I WAS REALLY **HONEST**



What did I need to tell the truth about? Was it easy or hard? What happened afterwards?

A TIME I FELT REALLY **HAPPY**



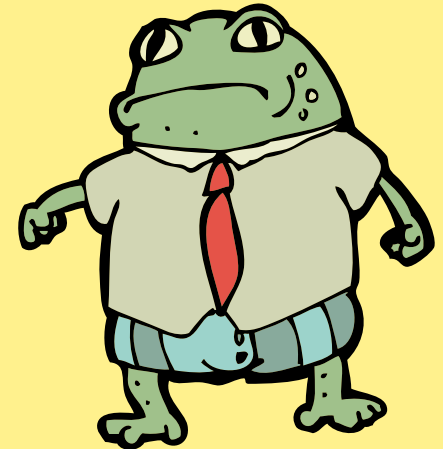
What was happening? Who was with me? What made it such a good moment?

A TIME I FELT **LEFT OUT**



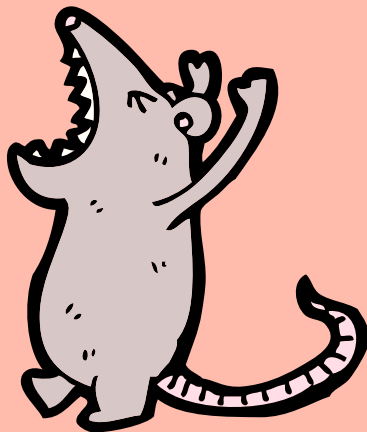
Did other people notice? How did I manage that feeling? What would I want to happen next time?

A TIME I **HELPED** SOMEONE



Who did I help? What did I do? How did it feel inside?

A TIME I FELT REALLY **ANGRY**



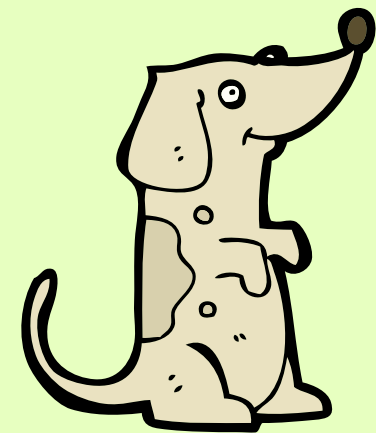
What made me feel that way? What did I do with the anger? Was there something that helped me calm down?

A TIME I WAS VERY **EXCITED**



What was I looking forward to? What did I do when it finally happened?

A TIME I WAS **BRAVE**



What made me scared at first? What helped me to try anyway?

A TIME I MISSED SOMEONE



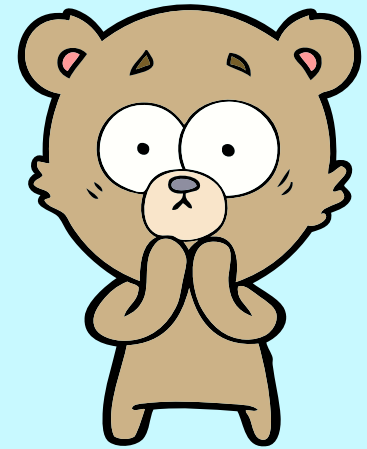
Who was it? Why did I miss them?
What did I do to feel better?

A TIME I LAUGHED A LOT



What made me laugh? Was anyone
else laughing too? How did it
make me feel?

A TIME I FELT NERVOUS



What was I worried about? Did
anything help me feel less nervous?

A TIME I SHOWED KINDNESS



Who did I show kindness to?
What did I do? How did it feel?

A TIME I FELT PROUD



What did I do that made me feel
proud? Did someone notice or say
well done? How did I feel inside?

A TIME I FELT CONFUSED



What was happening? What made it
hard to understand? Did someone
help me figure it out?

A TIME I SAID SORRY



What did I do that upset someone?
Why did I say sorry? Did anything
change after that?

A TIME I FELT PEACEFUL



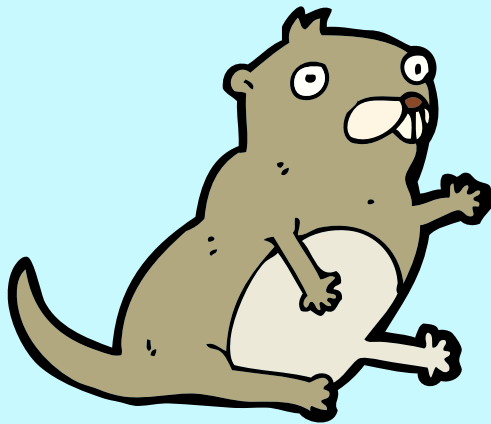
Where was I? What helped me feel
so calm and quiet? Did I want that
feeling to last?

A TIME I MADE A GOOD CHOICE



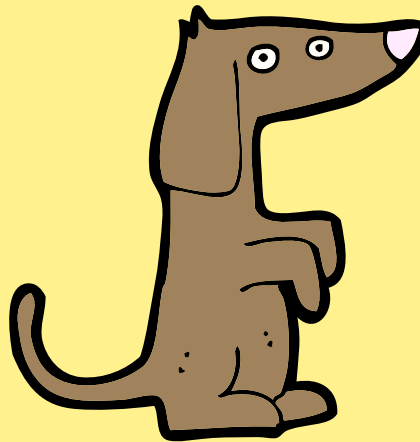
What choice did I make? Was it hard
to decide? How did it turn out
in the end?

A TIME I FELT EMBARRASSED



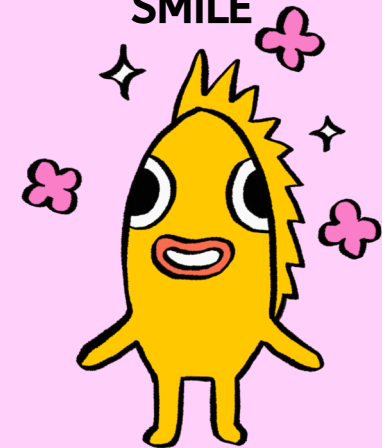
What happened that made me feel
that way? Did anyone else notice?
What helped me feel okay again?

A TIME I FELT SAFE



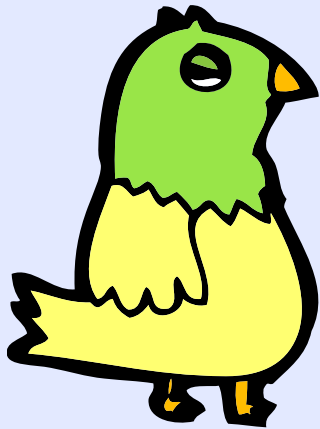
Where was I and who was with me?
What made me feel protected and
calm?

A TIME I MADE SOMEONE SMILE



What did I do or say? How did the
other person react? How did it feel
to make them happy?

**A TIME I WAS
DISAPPOINTED**



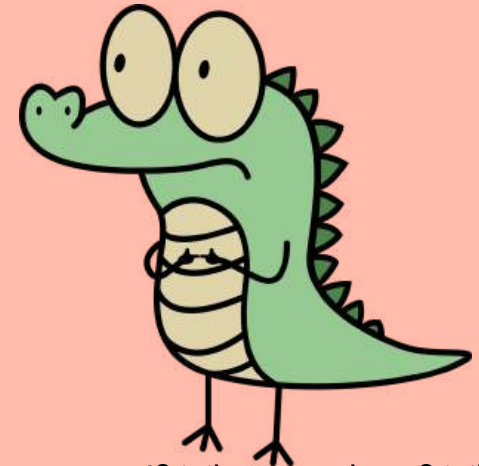
What did I hope would happen?
What went wrong? What helped me
feel better afterwards?

**A TIME I LEARNED
SOMETHING NEW**



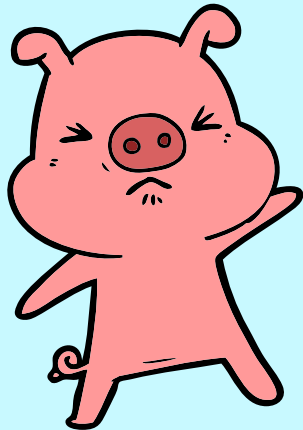
What did I learn? Was it easy or
tricky? How did I feel after
I learned it?

A TIME I FELT SHY



Where was I? Who was there? What
helped me feel more confident?

**A TIME I STOOD UP FOR
MYSELF**



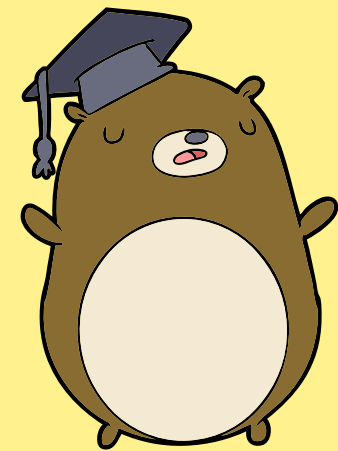
What did I say or do? Why was it
important to speak up? How did
I feel afterwards?

**A TIME I SHARED
SOMETHING**



What did I share, and with who?
Was it easy or hard to share?
How did the other person react?

A TIME I FELT IMPORTANT



Who made me feel like I mattered?
What was I doing?
What made it feel special?

A TIME I FELT LOVED



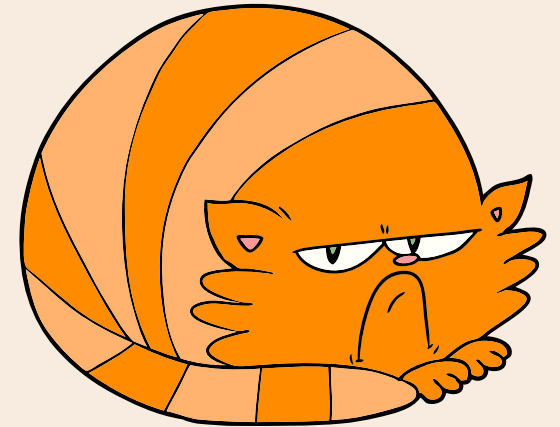
Who showed me love and care?
What did they do or say? How did
that make me feel inside?

A TIME I HAD A WORRY



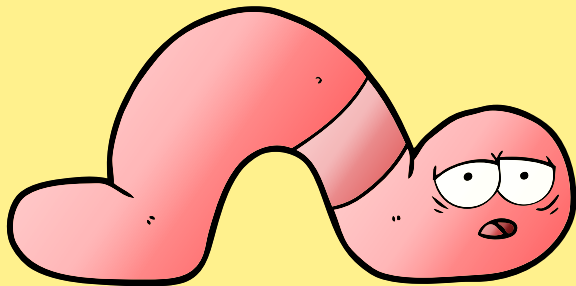
What was I worried about? Did I talk
to someone? What helped me feel
a bit better?

A TIME I FELT LEFT BEHIND



What were others doing? How did it
feel to be left out? Did I get support?

**A TIME I WORKED REALLY
HARD**



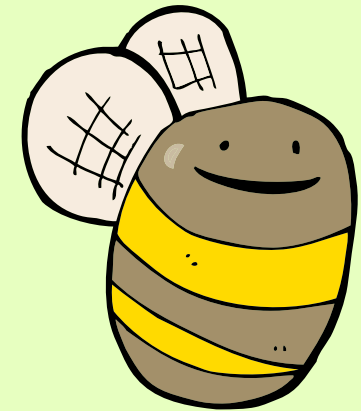
What was the task or goal? Did
anyone notice my effort? How did
I feel afterwards?

A TIME I WAS GENTLE



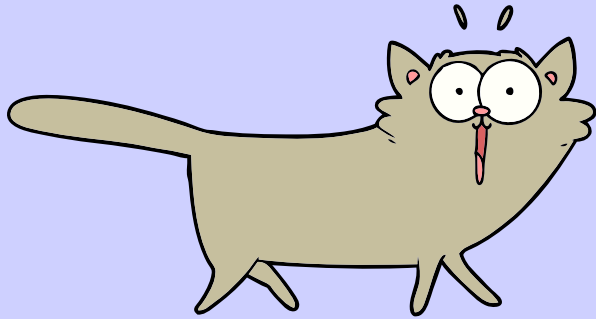
What or who was I gentle with? Why
did I choose to be gentle? How did
that feel?

**A TIME I SAID SOMETHING
KIND**



What did I say? Who did I say it to?
How did it make them
- and me - feel?

A TIME I WAS SURPRISED



What happened that I did not expect? Was it a nice surprise or not? How did I react?

A TIME I FELT CALM



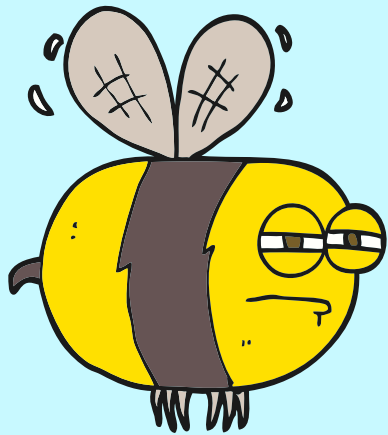
Where was I, and what was I doing? What helped me stay relaxed?

A TIME I WAS CONFUSED



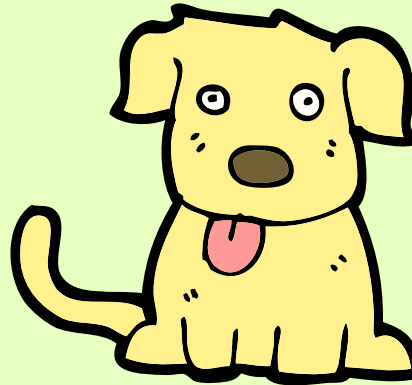
What did I not understand? Did I ask for help? What helped me feel clearer?

A TIME I NEEDED HELP



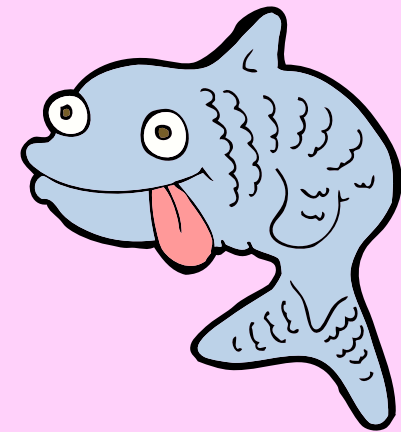
What was I struggling with? Who helped me? How did I feel when they helped?

A TIME I WAS A GOOD FRIEND



What did I do for my friend? How did they feel? How did I feel?

A TIME I FELT HOPEFUL



What was I hoping for? What made me believe it might happen?

A TIME I FELT GRATEFUL



What was I thankful for? Who or what made me feel lucky or cared for?

A TIME I FELT SCARED



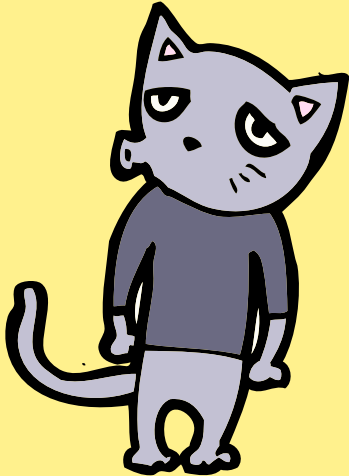
What was frightening? Was it real or just a thought? What helped me feel safer?

A TIME I FELT RELAXED



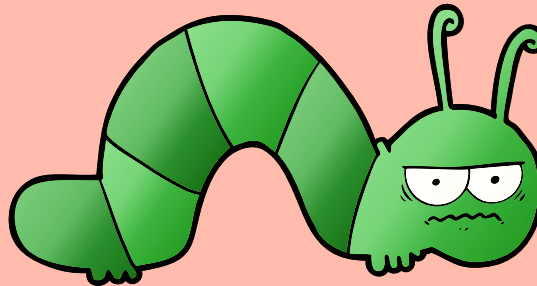
Where was I? What was I doing? What helped my body and mind feel calm?

A TIME I WAS REALLY HONEST



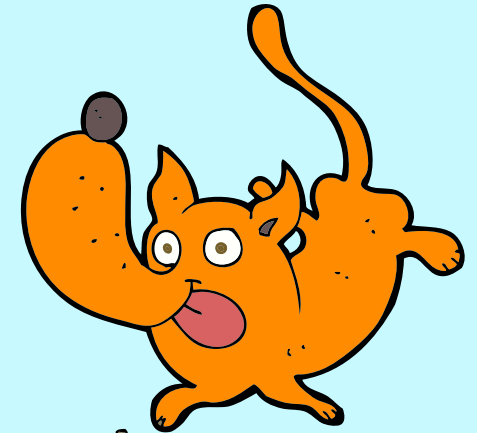
What did I need to tell the truth about? Was it easy or hard? What happened afterwards?

A TIME I FELT JEALOUS



Who or what was I jealous of? What helped me deal with that feeling?

A TIME I CHEERED SOMEONE ON



Who was I supporting? What were they doing? How did it feel to encourage them?

A TIME I FELT LONELY



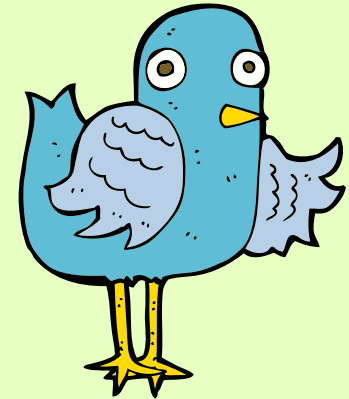
Where was I, and what was I doing?
What helped me feel less alone?

A TIME I DID SOMETHING FUN



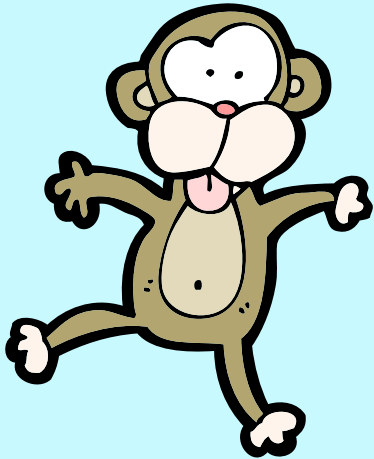
What was the activity? Who was with me? What made it so enjoyable?

A TIME I FORGAVE SOMEONE



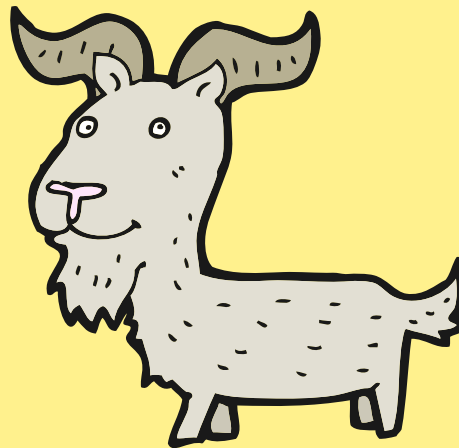
What happened that upset me? Why did I decide to forgive?
How did it feel?

A TIME I DID SOMETHING NEW



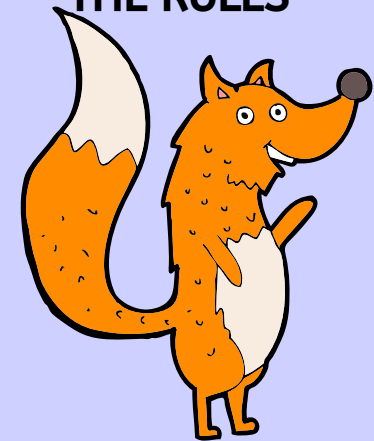
What did I try for the first time? Was I nervous? What happened?

A TIME I FELT STRONG



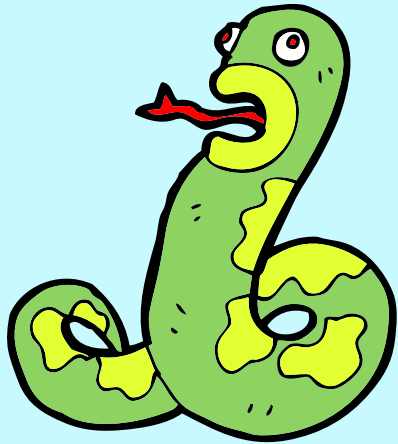
What made me feel powerful or confident? Was it in my body, my mind, or both?

A TIME I FOLLOWED THE RULES



What rule did I follow? Why was it important? How did I feel about doing the right thing?

A TIME I FELT SILLY



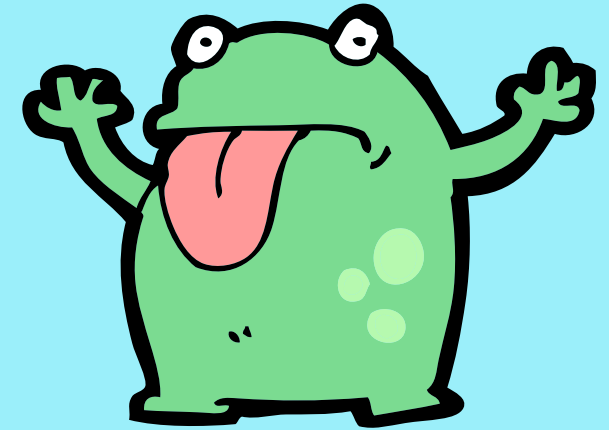
What did I do that was silly or funny? Did I laugh? Did others laugh with me?

A TIME I TOOK A DEEP BREATH



Why did I need to pause? Did the deep breath help? What happened next?

A TIME I SAID NO



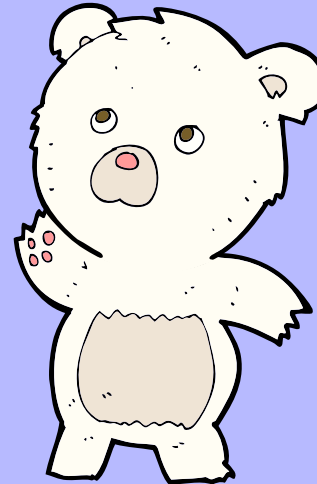
What did I not want to do? Why was it okay to say no? How did I feel?

A TIME I FELT SAD



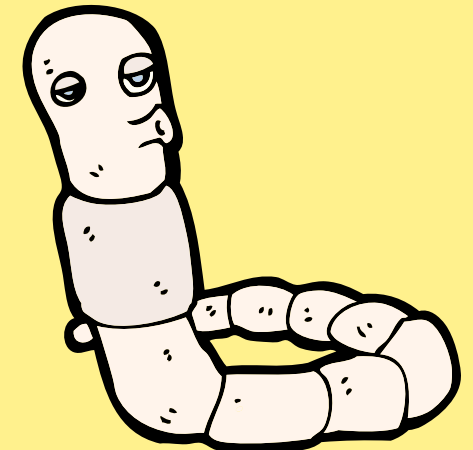
What made me feel that way? Did I cry or want to be alone? What helped me feel a little better?

A TIME I FELT CURIOUS



What made me want to learn more or ask questions? What did I find out?

A TIME I FELT BORED



What was I doing (or not doing)? How did it feel in my body? What helped me get through it?

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2 WWW.ANXIETYHELPBOX.COM



3 WWW.FEELINGSHELPBOX.COM



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