

# Feelings Faces Drawing Worksheets

**Free Download**



**HAPPY**

**16 faces**

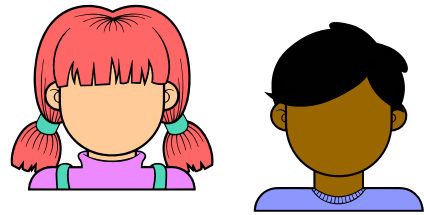


**WORRIED**



**SAD**

# SUGGESTIONS FOR USE



## CREATIVE ACTIVITIES

- **Draw the emotion:** Complete the blank face with eyes, mouth, and other features.
- **Colour the feelings:** Choose colours that match the emotion (for example, red for angry, blue for sad).
- **Playdough faces:** Place the sheet in a plastic wallet or laminate it, then use playdough to build facial features.
- **Collage:** Add features using cut-outs from magazines, coloured paper, or stickers.
- **Sticker faces:** Use eye, mouth, and nose stickers to create quick emotion faces.
- **Art extension:** Draw a scene around the character to show why they might feel that way.

## INTERACTIVE ACTIVITIES

- **Mirror work:** Children look in a mirror and copy the emotion they created on the page.
- **Role play:** Act out the emotion with face and body movements.
- **Movement activity:** Show the emotion with the whole body (for example, jumping when excited, curling up when scared).
- **Emoji comparison:** Compare the drawn faces with digital emojis or pictures.
- **Pair and share:** Children guess each other's emotion face and share a time they felt the same.

## REFLECTIVE ACTIVITIES

- **Story time:** Write or draw a short story about a time the child felt that emotion.
- **Group discussion:** Use the sheets to start conversations about feelings and coping strategies.
- **Regulation toolbox:** On the back of the sheet, write or draw calming strategies for that emotion (for example, breathing exercises, talking to a friend, taking a break).
- **Sequencing:** Line up different sheets to show how emotions can change through a day or event.

## EVERYDAY USES

- **Daily check-in:** Children select or complete a face each morning to show how they feel.
- **Matching game:** Mix the sheets and match the emotion word to the drawn faces.
- **Calm corner resource:** Keep in a wellbeing or calm space to support self-regulation.
- **Feelings wheel link:** Connect the sheets with a feelings wheel to expand emotional vocabulary.

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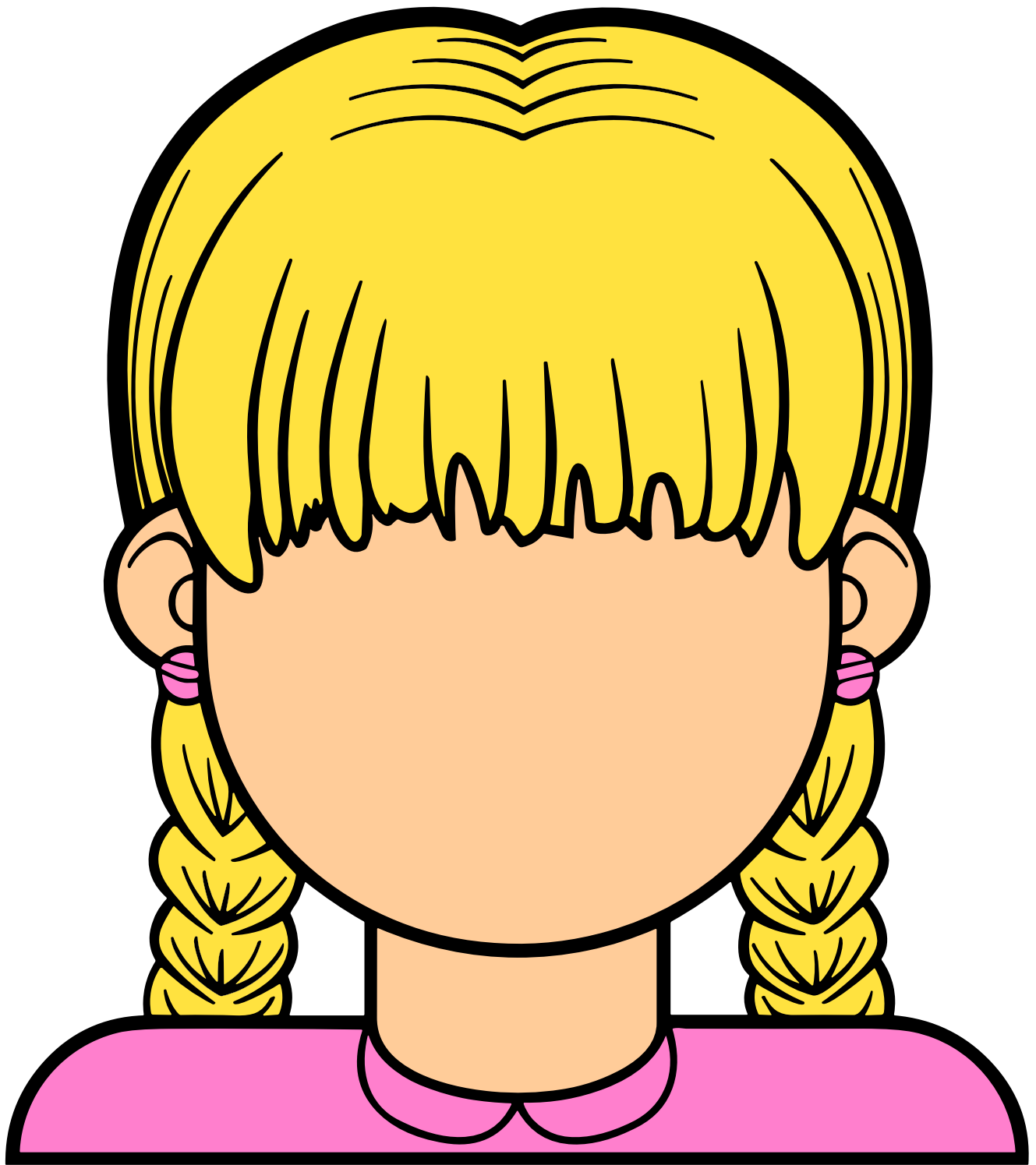
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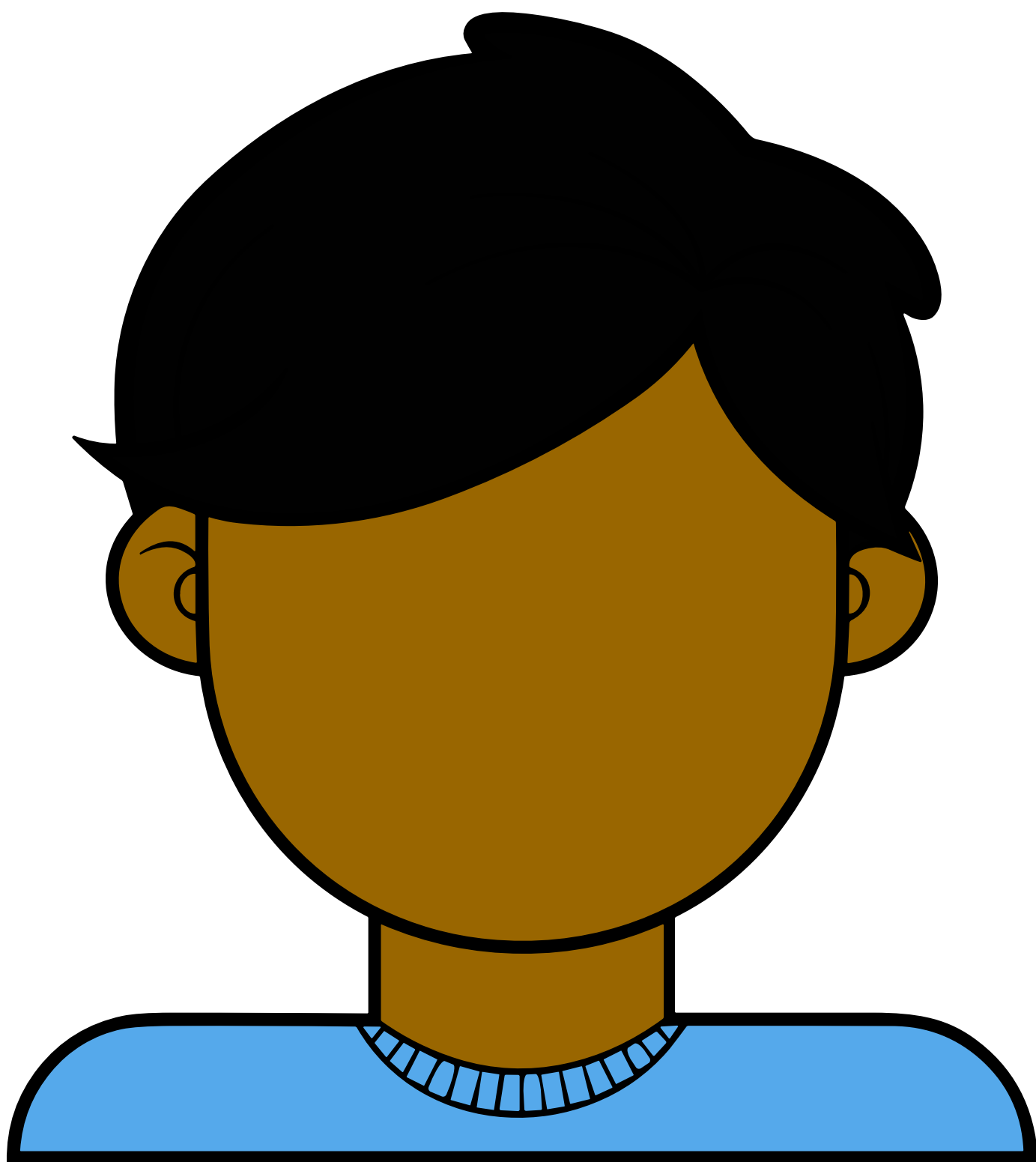
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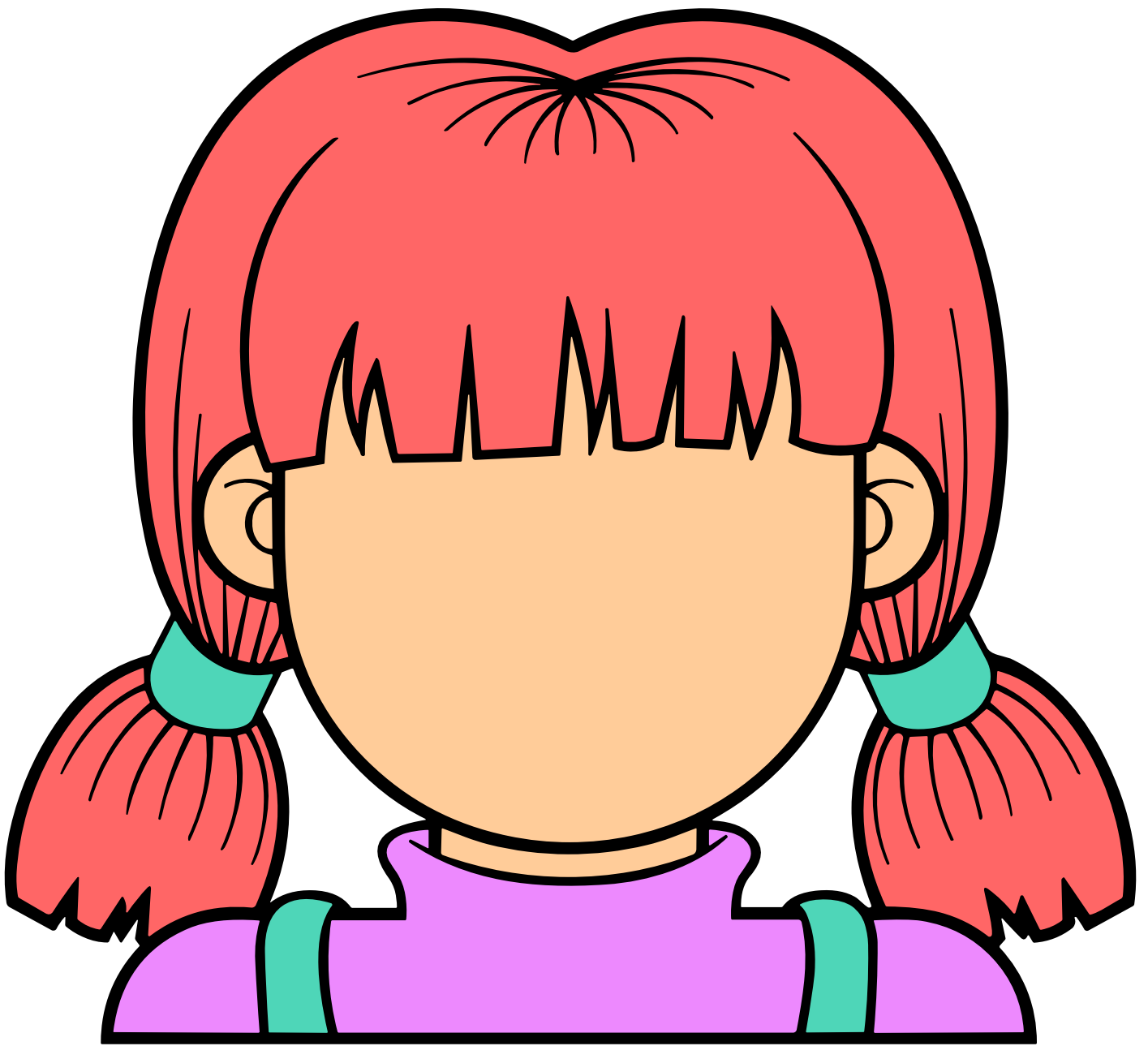
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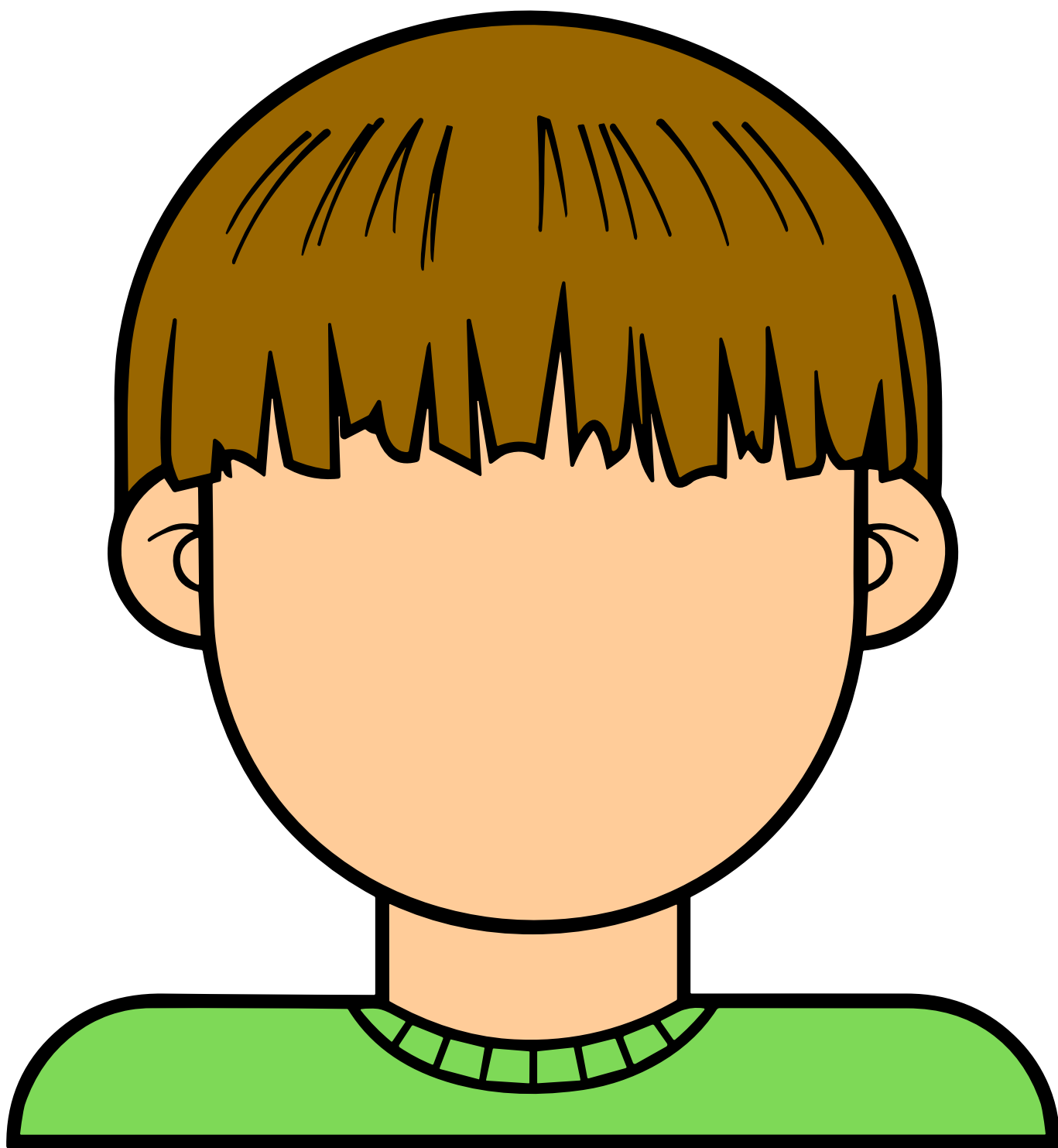
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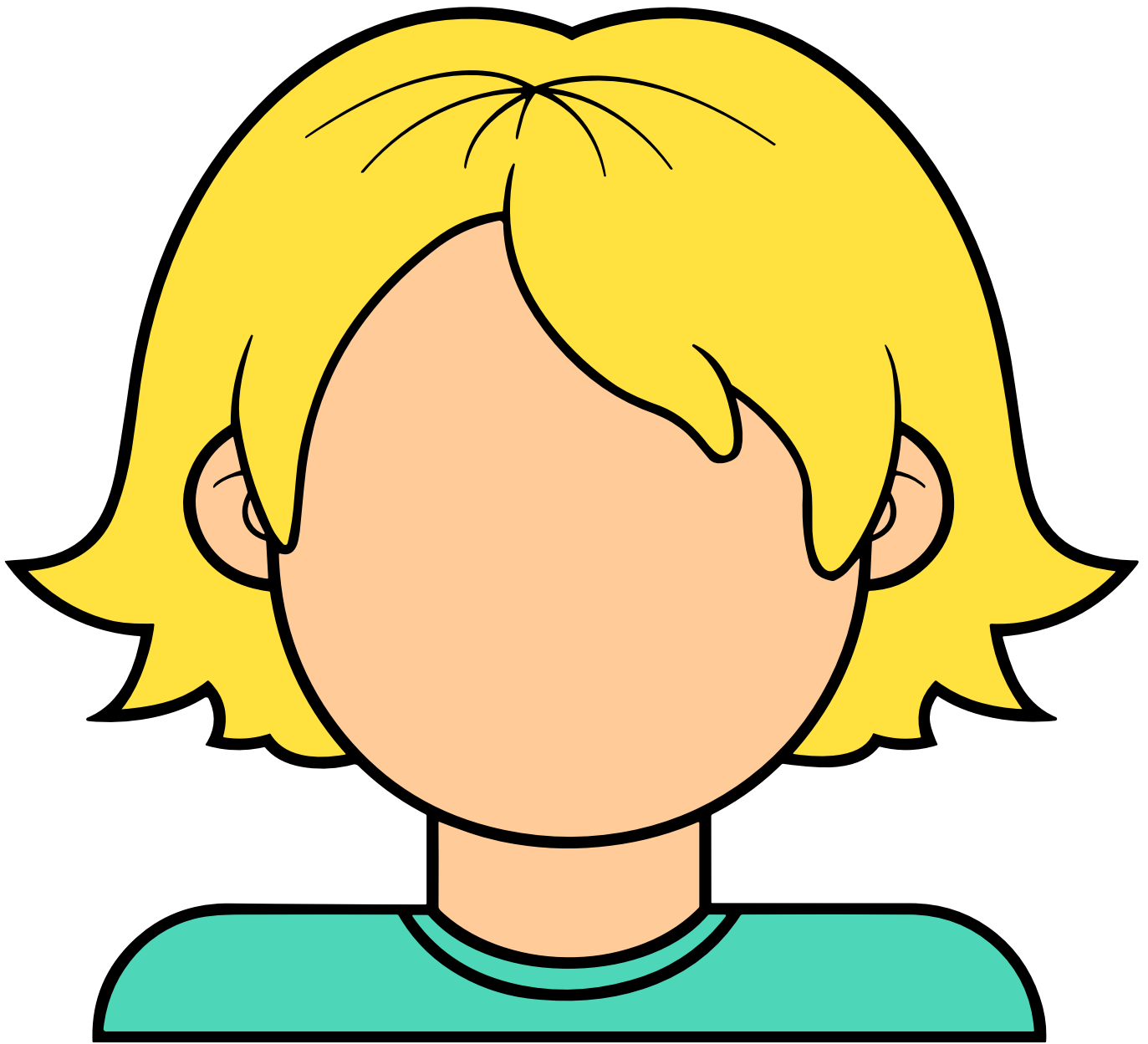
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**ANGRY**

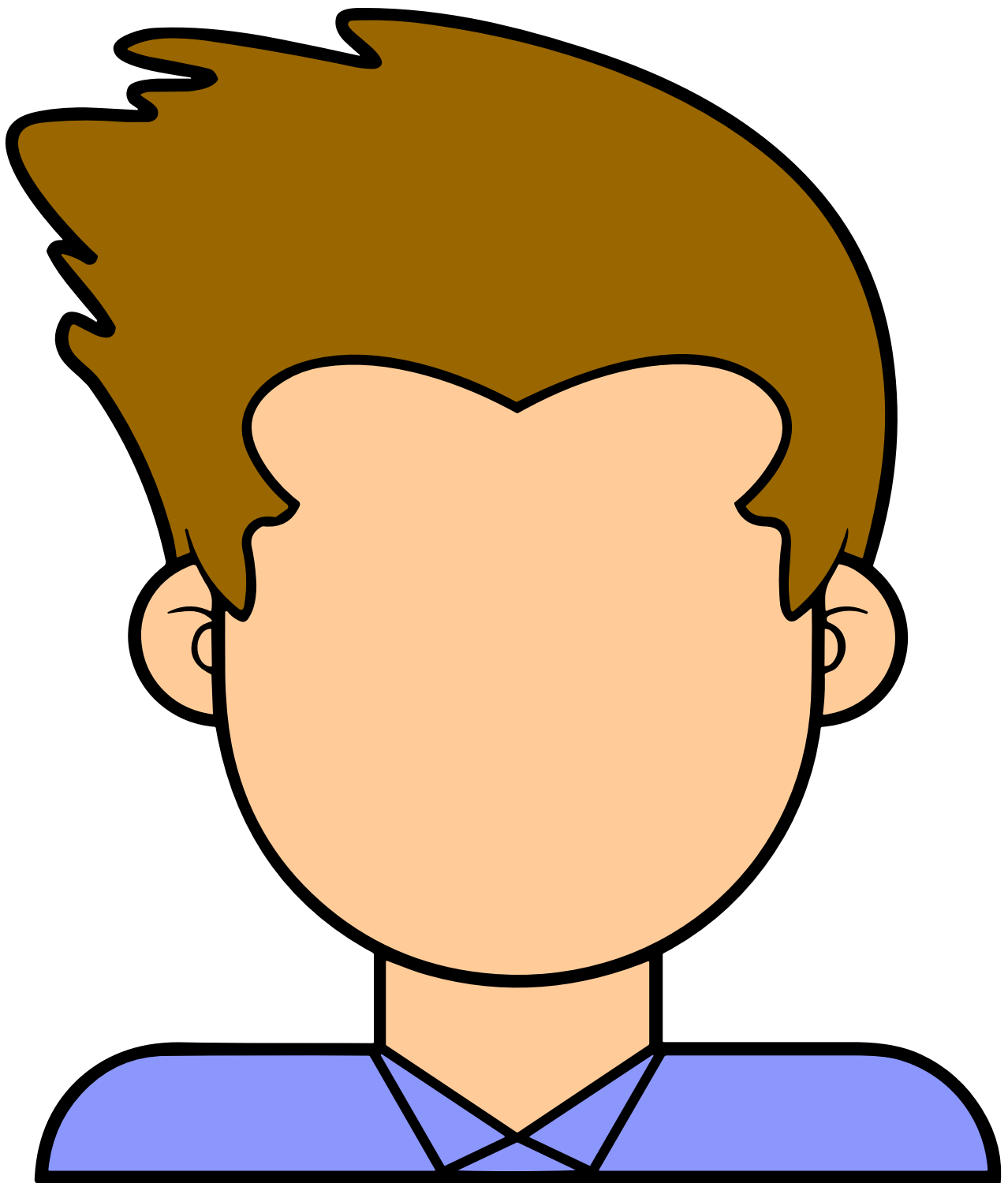


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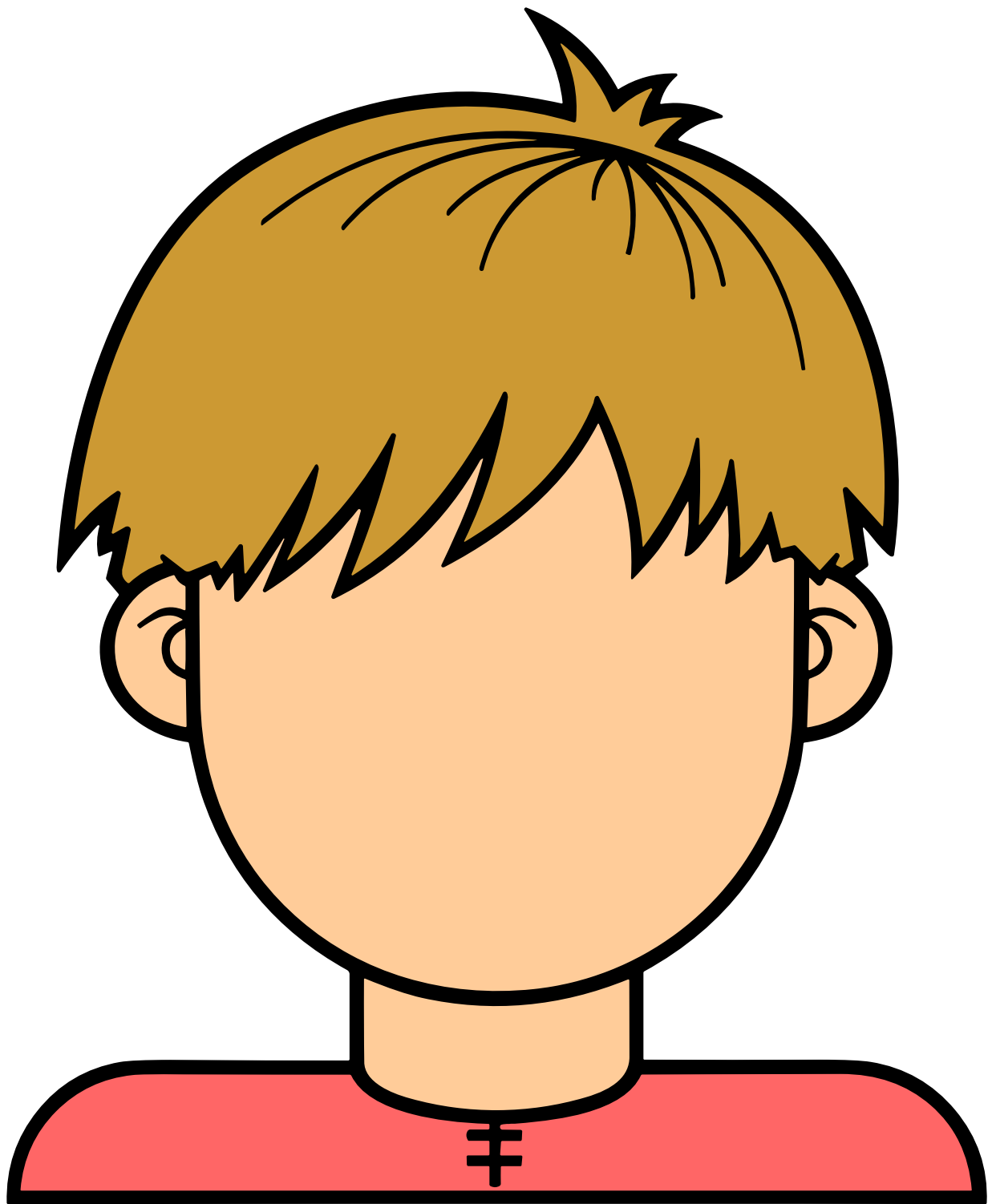


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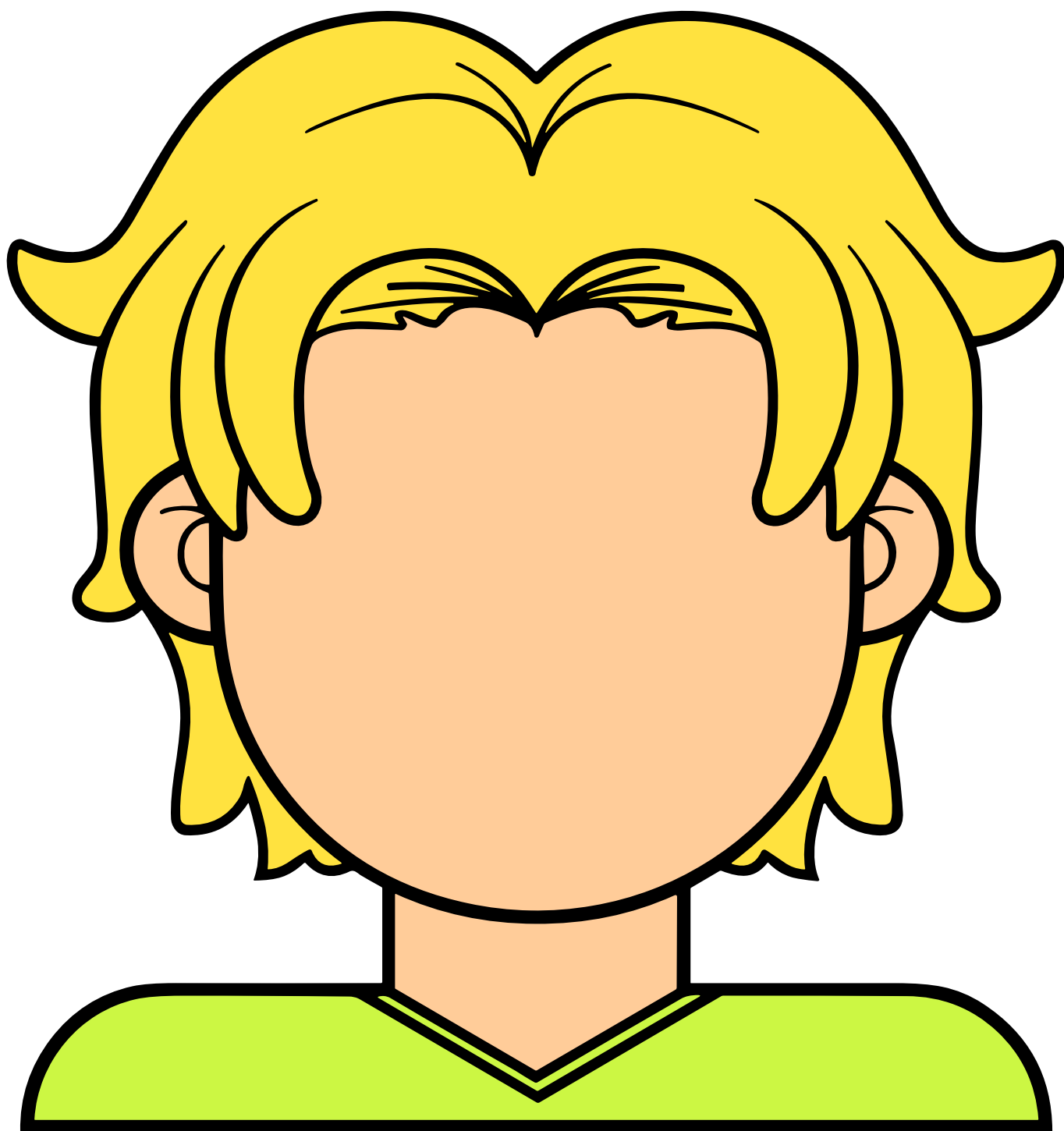




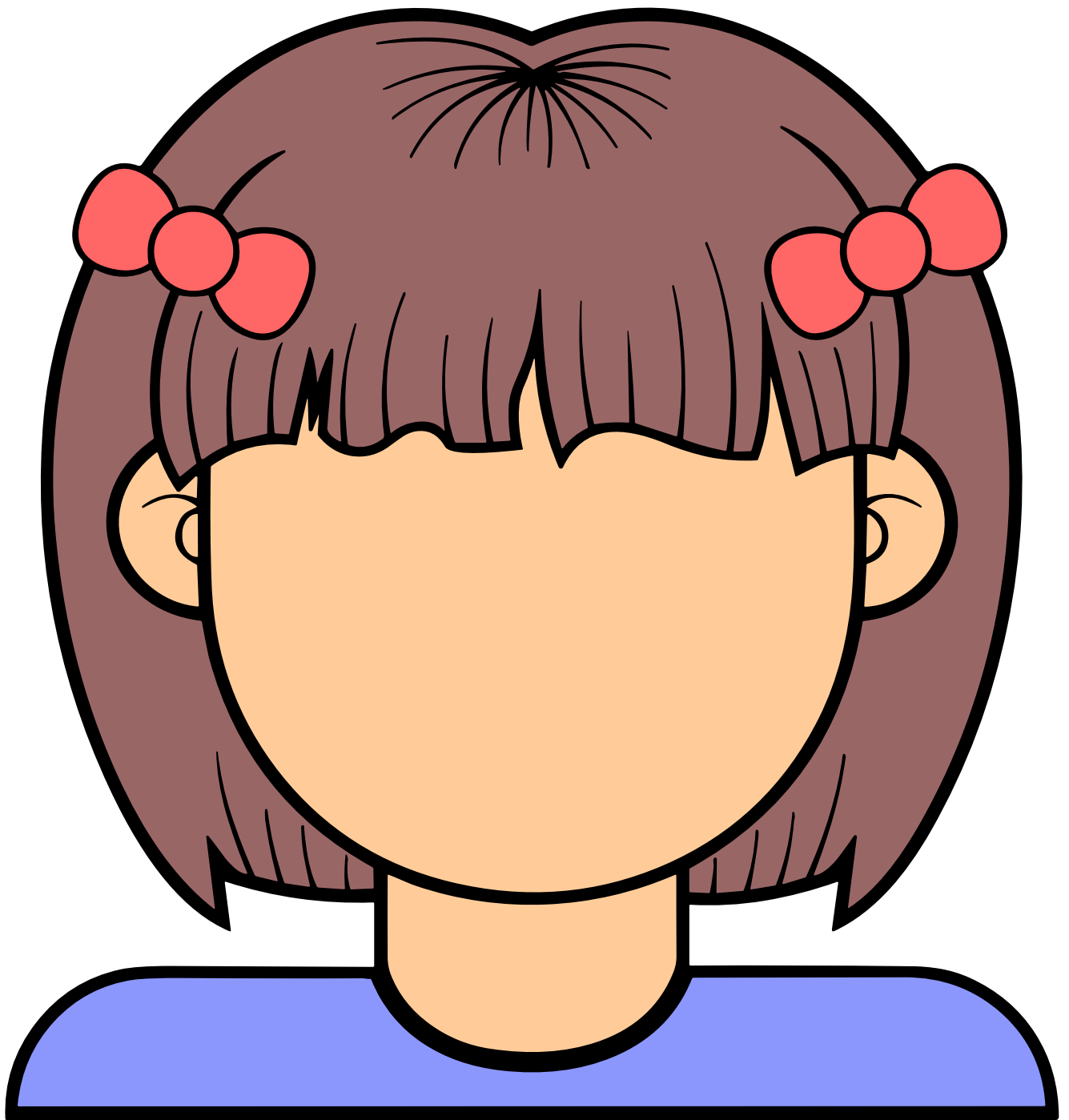
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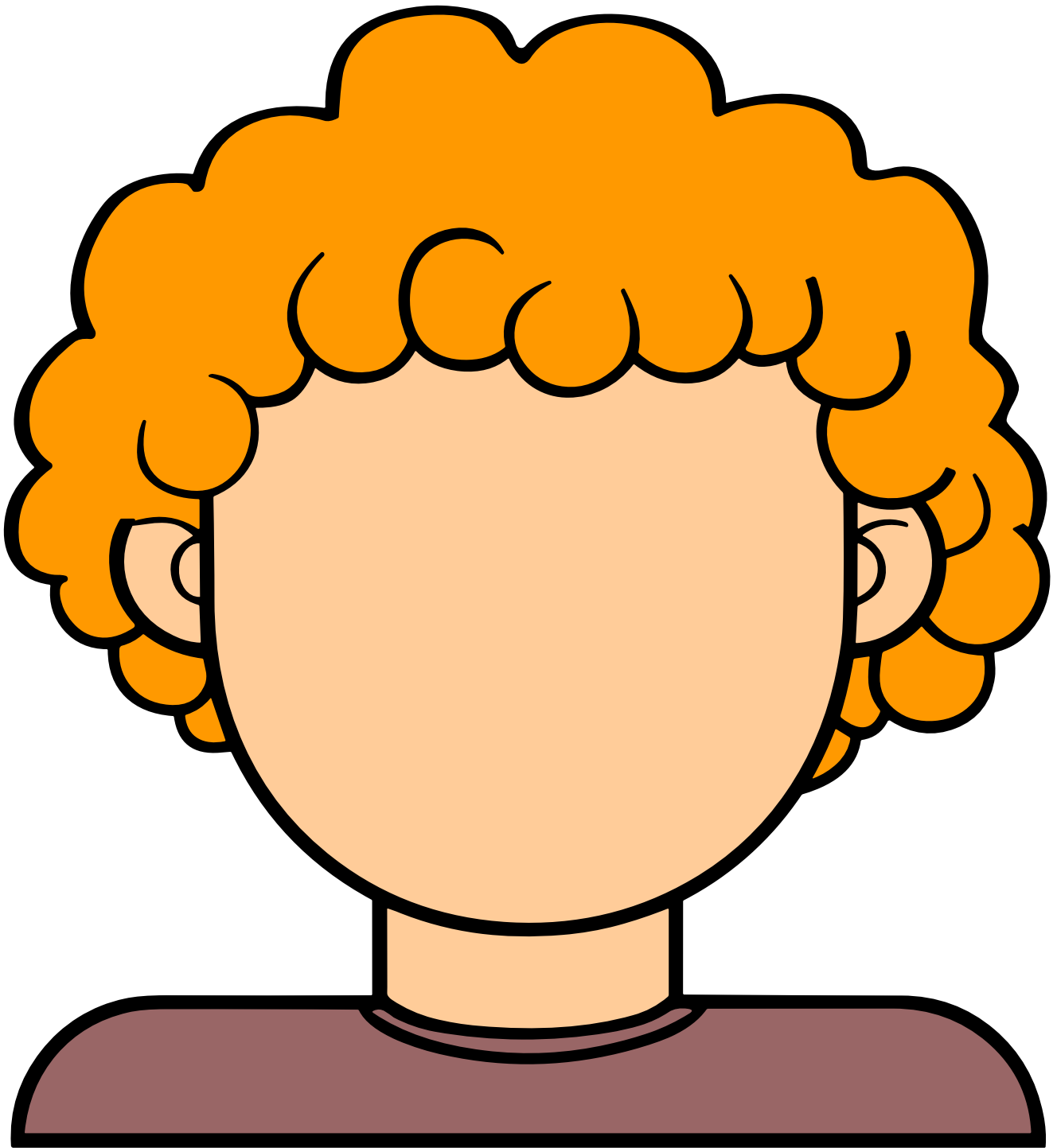
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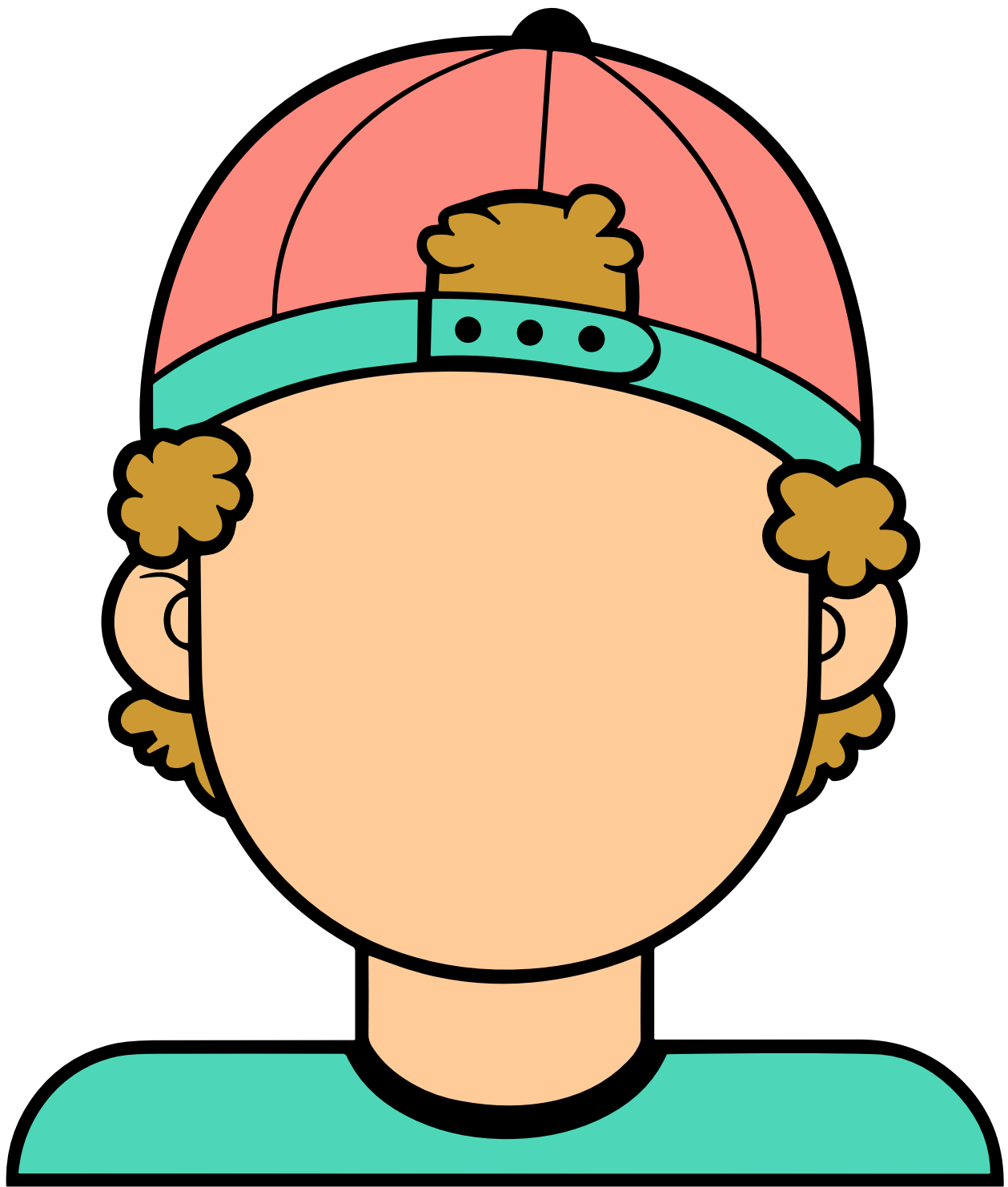
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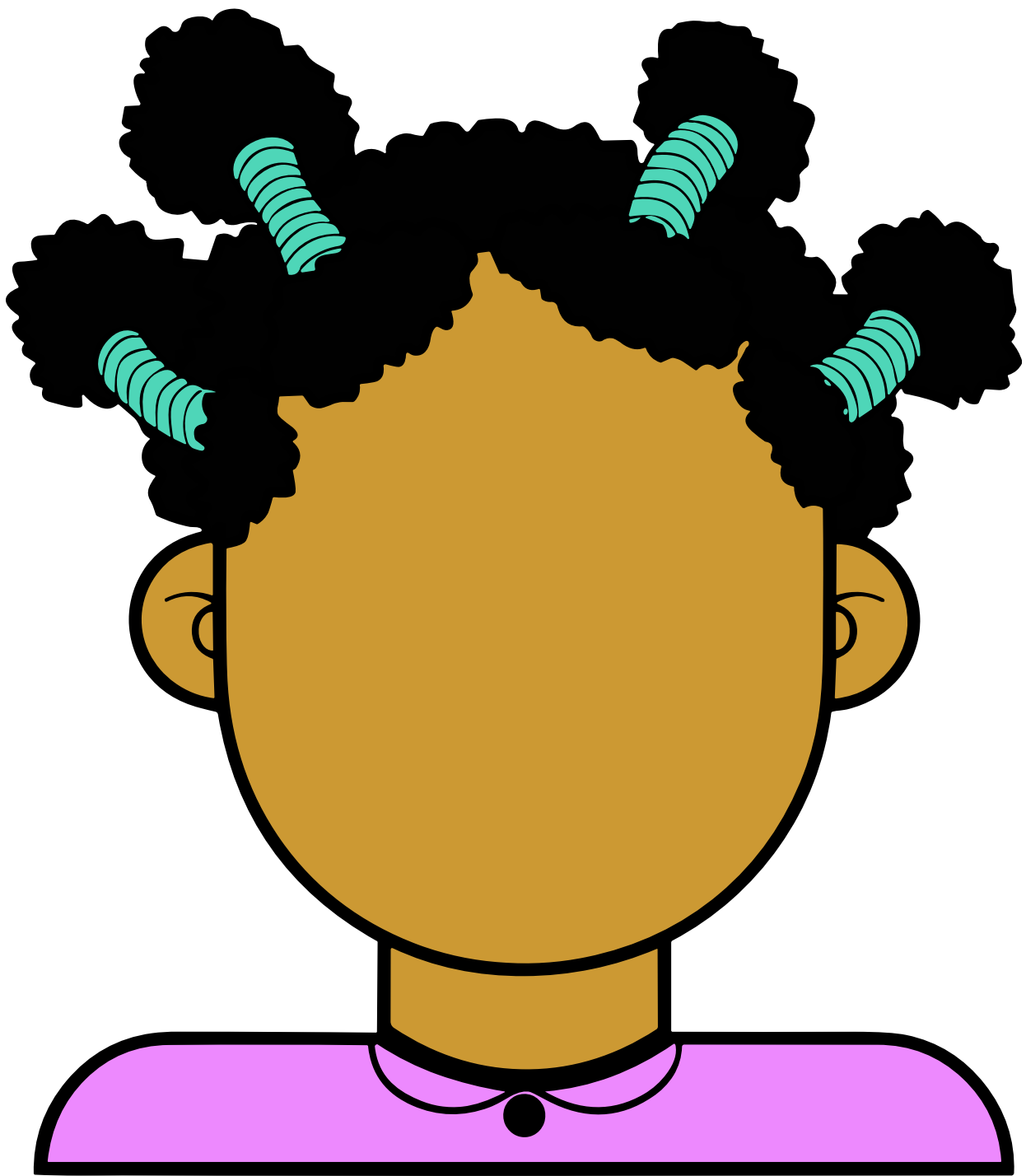
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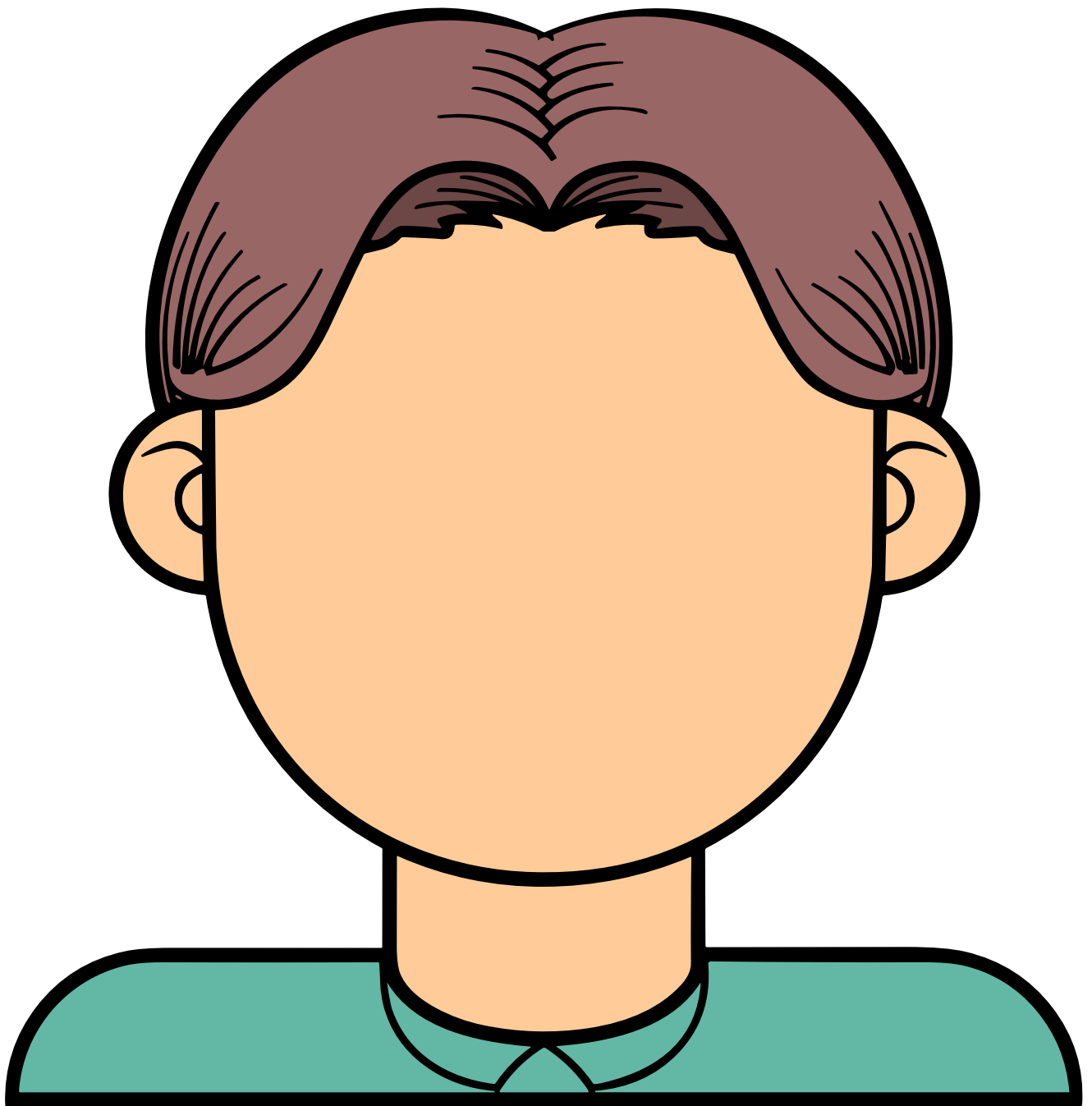
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**SAD**

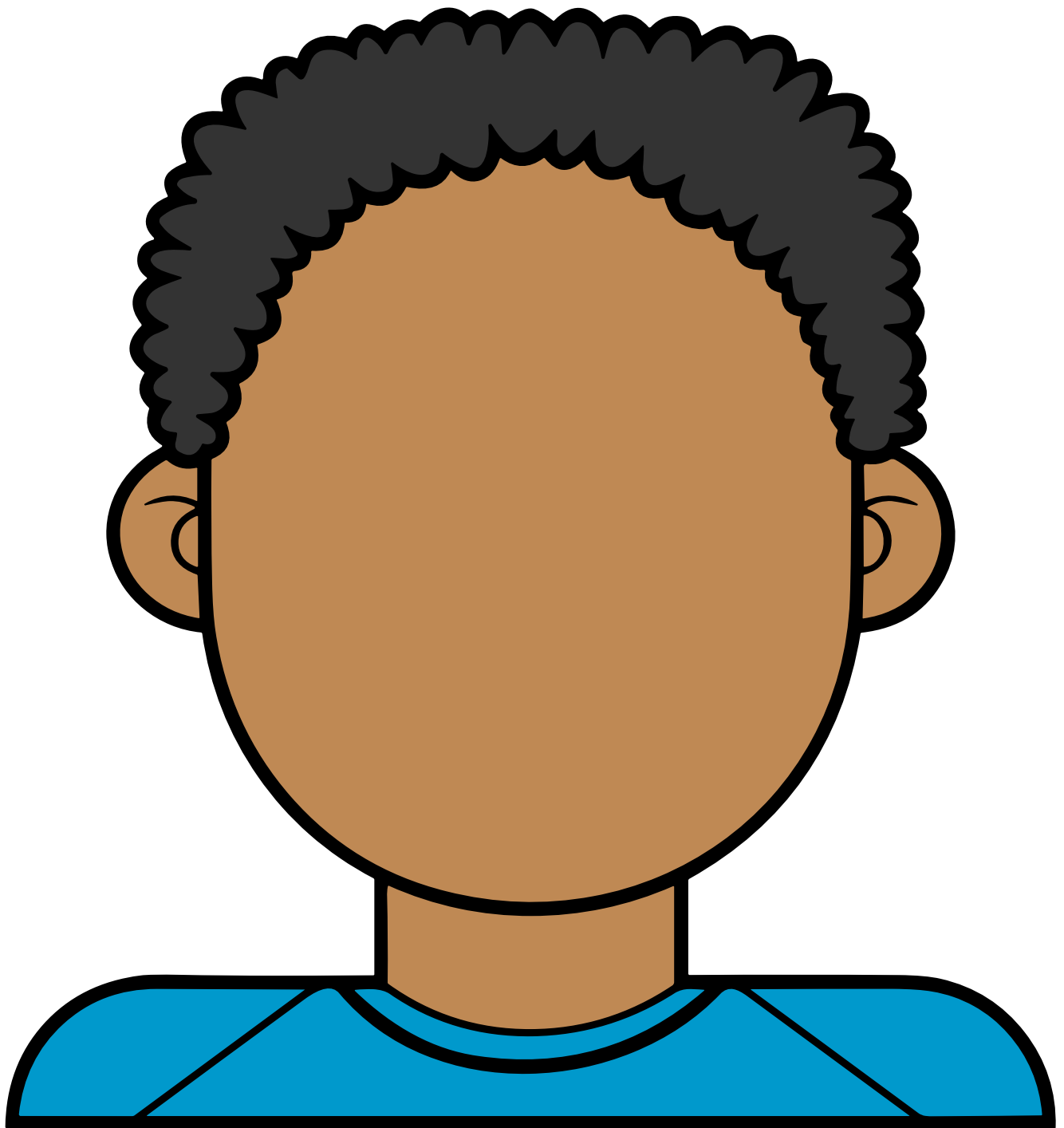


**WORRIED**

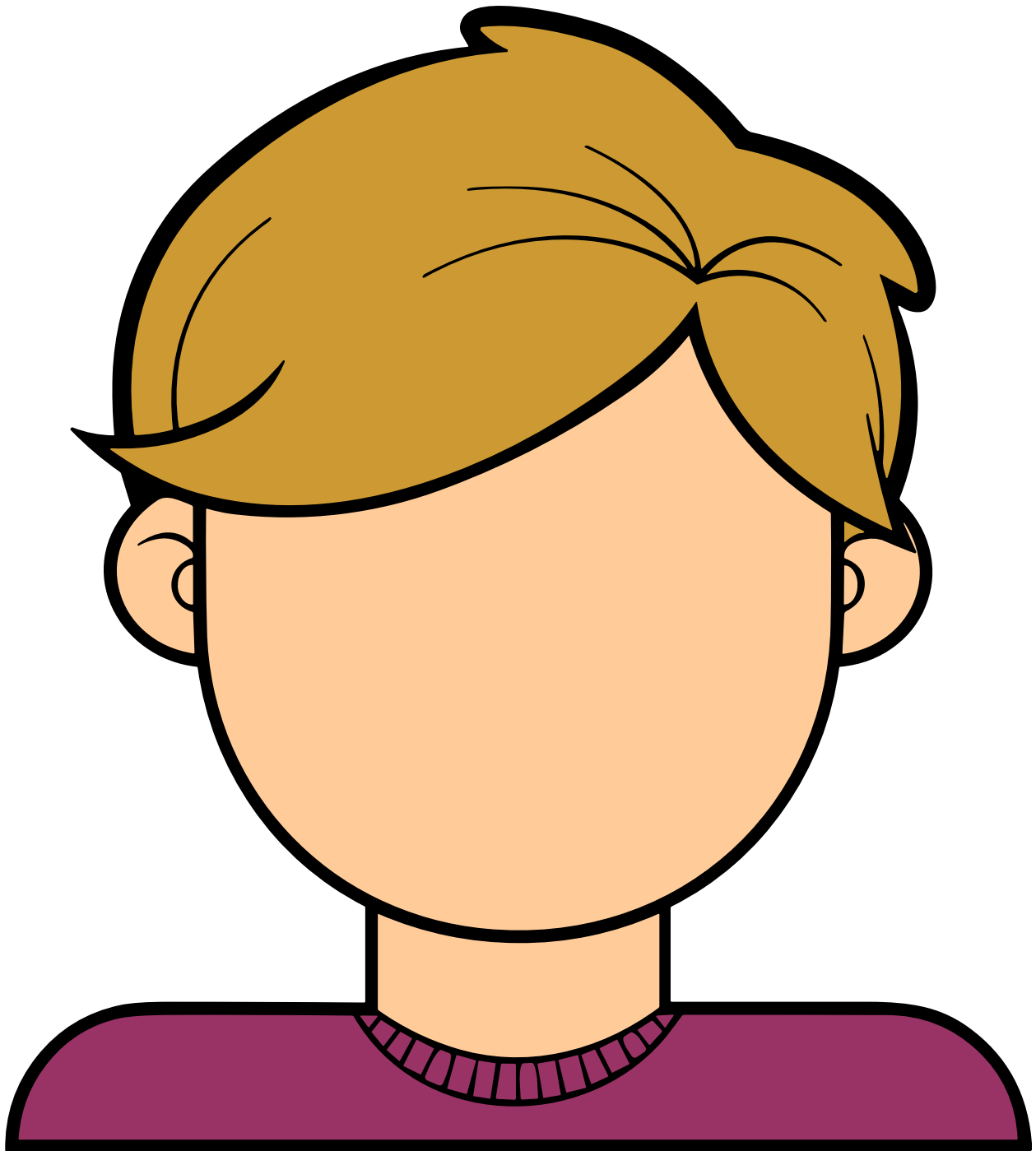


**EXCITED**





**LONELY**



**CALM**

