FEELINGS CHART

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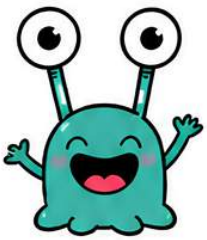
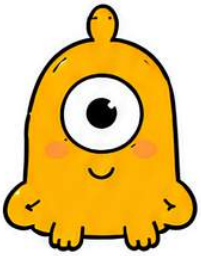
HAPPY

LOVED


EXCITED


CALM

GRATEFUL

SAD

ANXIOUS

ANGRY

NERVOUS

EMBARRASSED

JEALOUS

TIRED

CONFUSED

SCARED

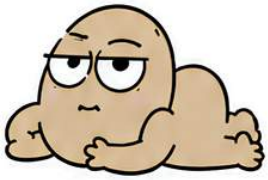
FRUSTRATED

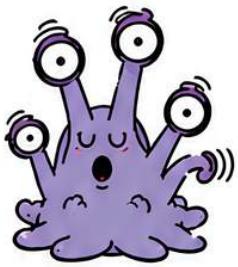
PROUD

HOPEFUL

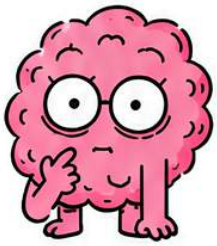
SHY

SURPRISED

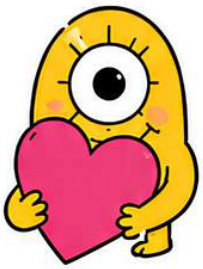

BORED


OVERWHELMED

PLAYFUL


THOUGHTFUL

CONTENT


SECURE

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FREE PDF DOWNLOAD

Feelings chart

A printable feelings chart with 25 illustrated emotions gives children a clear visual way to identify and talk about their mood. The chart includes common feelings such as happy, sad, anxious, angry, scared, proud, calm, confused, frustrated, bored, shy, hopeful and secure, making it useful for emotional literacy and feelings vocabulary work.

Parents, teachers, social workers, counsellors and therapists can use it with primary-aged children, younger kids, children with additional needs, or pupils who struggle to explain emotions verbally. It can be displayed in a classroom calm area, used during a one-to-one check-in, added to a therapy space, or kept at home for daily conversations.

Using a visual emotions poster can make feelings easier to name, reduce pressure during difficult moments, and support emotional regulation. Children can point, choose, compare or circle a feeling, helping adults respond with more understanding and giving the child a practical first step towards communication.