



HAPPY



SAD



ANGRY



SCARED



SURPRISED



SILLY



SLEEPY



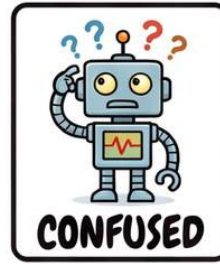
HUNGRY



EXCITED



CALM



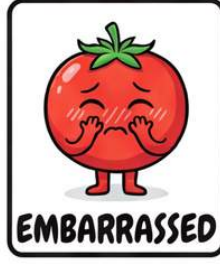
CONFUSED



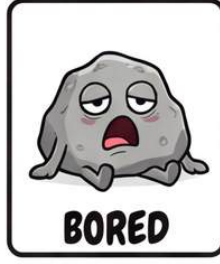
WORRIED



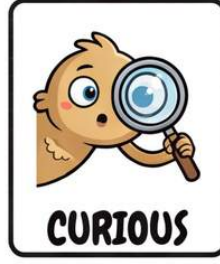
PROUD



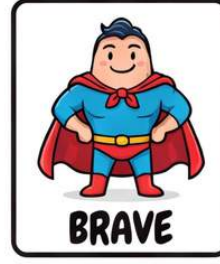
EMBARRASSED



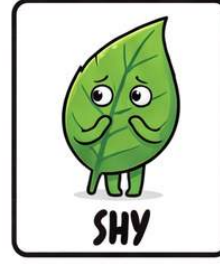
BORED



CURIOUS



BRAVE



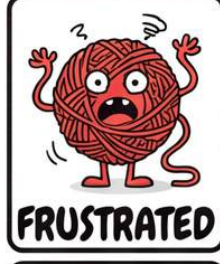
SHY



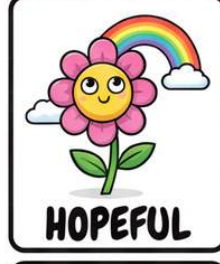
LONELY



DISAPPOINTED



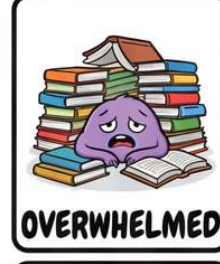
FRUSTRATED



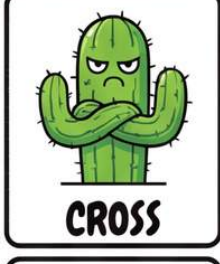
HOPEFUL



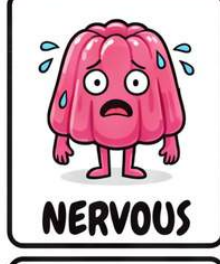
GRATEFUL



OVERWHELMED



CROSS



NERVOUS



RELAXED



DETERMINED



JEALOUS



LOVING



SHOCKED



GIGGLY



TIRED



CONFIDENT



PLAYFUL



ANNOYED



PEACEFUL



MISCHIEVOUS



THOUGHTFUL



HURT



INTERESTED



ASHAMED



ENERGETIC



STRESSED



FIERCE



GENTLE



PROUD OF MYSELF



WORRIED BUT TRYING

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

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Free social work
resources for
direct work



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About this Resource

This free emotions poster is a simple visual guide that helps children, kids and young people understand their feelings and mood changes. It shows clear, expressive characters that make it easier to identify emotions such as joy, sadness, fear, calm, frustration, confusion, pride and worry. The layout supports emotional development for toddlers, primary school pupils, teenagers and any young person who benefits from visual learning.

The poster can be used in many settings including classrooms, nurseries, youth centres, therapy rooms, counselling spaces and family homes. It encourages open conversations about emotions, supports emotional wellbeing and helps with daily behaviour challenges. Children and teens can point to an image to explain how they feel, use it during check ins or explore what different feelings look like in everyday life. It is also a helpful tool for promoting social emotional learning and building confidence in naming emotions.

This downloadable PDF is useful for parents, carers, teachers, SEN staff, wellbeing practitioners, youth mentors, family support workers, social workers, therapists and mental health professionals who need practical emotion resources, feelings charts or visual printables. It can be printed for wall displays, added to calm down areas or included in emotional support toolkits to strengthen communication, self awareness and emotional resilience.

www.SocialWorkersToolbox.com