



Positive Tips on Feelings



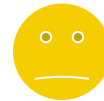
Positive Tips on Feelings - Express Yourself!

If you are a parent or guardian, it may seem stressful at times when your child acts out in certain ways when they feel angry or sad. Sometimes all you ask yourself is **why** they are doing this and **how** you can help them express their emotions appropriately. This free resource is a mood chart that helps children **identify** their feelings and find ways on **how** to express these emotions in healthy ways that do not harm the child, the parent, or others.





1. How are you feeling today?



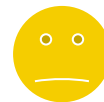
2. What word matches how you feel?

mad angry sad upset scared
okay alright good happy excited

3. How will you handle these feelings?

go for a run talk to someone I trust listen to music paint write words

4. How do you feel now?





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