



STANDING
STRONG
TOGETHER

INSTRUCTIONS

Feelings chart

When students can name their feelings and emotions, it empowers them and allows them to focus on the emotion and how it makes them feel.

Naming and understanding emotions is the first step to learning emotional regulation and helps students develop understanding and empathy for others' emotions.

Follow the below instructions to use the Feelings Chart in your classroom or school:

- 1** Use the **Feelings Chart** to help teach students about their emotions.
- 2** Ensure feelings/emotions and how they look and feel are explicitly taught to students.
- 3** Place the **Feelings Chart** in the classroom and in sensory spaces.

Feelings chart

All feelings are valid.
Can you name your feelings?



We're a Mentally Healthy School

