

# What Am I FEELING?



Happy



Mad



Sad



Scared



Embarrassed



Proud



Frustrated



Disappointed



Excited



Jealous



Thankful



Worried



Overwhelmed



Confident



Lonely



Brave

**STRONG<sup>4</sup>LIFE**



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# Identifying FEELINGS

Before kids can express and cope with feelings in healthy ways, they first need to learn the skills to identify and label their feelings. Understanding how they feel gives kids a sense of control and helps them manage stress.

**There are many more feelings than what is listed on the front of this handout, and there are many ways to use this with kids:**

- Ask kids to point to a face or word that best represents how they feel. Everyone expresses feelings differently; it is OK if the feelings kids identify do not match the face or word listed on the poster.
- Use “I wonder statements” to help kids if they’re struggling to identify how they are feeling. For example: “I wonder if you’re feeling sad that we can’t visit your friend. Is that right?”

## **Tips for talking to kids about feelings:**

- Never force kids to share how they feel. If kids are uncomfortable sharing, let them know that you, or another trusted adult, are always available if they want to share how they feel later.
- Validate feelings, even if you disagree. You do not need to agree with how kids feel to validate their feelings. Let them know their feelings are normal, and that you understand by repeating back what you hear, without judging or interpreting.
- Recognize that feelings are not good or bad, or positive or negative. Anything anyone feels is real, normal and OK.

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