

EMOTIONS EXPLORER CHART

Helping children recognise, name, and understand their emotions — one feeling at a time.

HAPPY

I feel light and smiley!



ACTION

Action: Draw something that makes your heart feel warm and happy.

SAD

I feel heavy and teary.

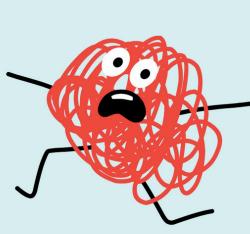


ACTION

Action: Take a deep breath and give yourself a gentle hug.

SCARED

I feel small and shaky.



ACTION

Action: Find something soft to hold, and whisper, "I am safe right now."

ANGRY

I feel fiery and loud inside!



ACTION

Action: Stomp your feet three times, then shake your hands and let the heat go.

EXCITED

I feel bouncy and full of energy!



ACTION

Action: Jump up high or dance in a circle, then take a big happy breath.

HELPFUL

I can make someone's day better!



ACTION

Action: Do one small kind thing today.

HOPEFUL

"I believe things can get better."



ACTION

Action: Draw or imagine something you're looking forward to.

DISAPPOINTED

Things didn't go how I wanted.



ACTION

Action: Think of one thing you already have that makes you happy.

JEALOUS

I wish I had what someone else has

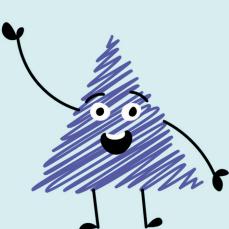


ACTION

Action: Think of one thing you already have that makes you happy.

CONTENT

Everything feels just right.



ACTION

Action: Smile and stretch your arms — you're okay just as you are.

EMBARRASSED

I feel warm and want to hide.



ACTION

Action: Take a deep breath and remember — everyone makes mistakes.

PEACEFUL

My heart feels quiet.



ACTION

Action: Take a slow breath and listen to a soft sound around you.

CURIOS

I want to find out more!



ACTION

Action: Ask one question about something you don't know yet.

SURPRISED

Wow! I didn't expect that!



ACTION

Action: Open your eyes wide, giggle, and share your surprise story!

TIMID

I feel a little shy and quiet.



ACTION

Action: Take a small step forward and give yourself a smile. You're brave for showing up, even when you feel shy.

GRATEFUL

My heart feels thankful.



ACTION

Action: Think of one thing that makes you smile today.

BRAVE

I feel nervous, but I try anyway.

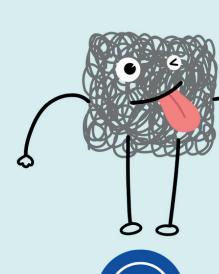


ACTION

Action: Say, "I can do this!" and take one small brave step.

SILLY

I feel funny and giggly!



ACTION

Action: Make a silly face in the mirror or tell a happy joke!

FRUSTRATED

Things aren't working the way I want!



ACTION

Action: Take three slow breaths, then try again or ask for help.

PROUD

I did something great!

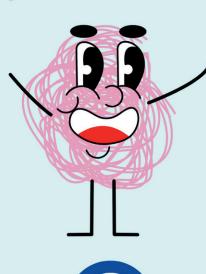


ACTION

Action: Tell someone what you're proud of, or give yourself a high five!

TIRED

My body feels slow and sleepy.



ACTION

Action: Stretch your arms up, yawn big, and take a rest break.

WORRIED

My tummy feels twisty.

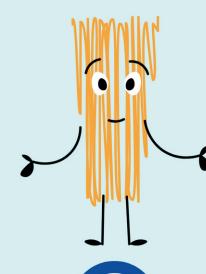


ACTION

Action: Put your hand on your belly and breathe in slowly like blowing up a balloon.

LONELY

I feel like I need a friend.



ACTION

Action: Draw someone you love or say "hello" to someone new today.

CALM

I feel still and peaceful.



ACTION

Action: Close your eyes and imagine a quiet cloud floating in the sky.

