

How I Feel Today

Pre-Kindergarten

Nine faces with feeling words, for kids who cannot say it yet.



Happy



Sad



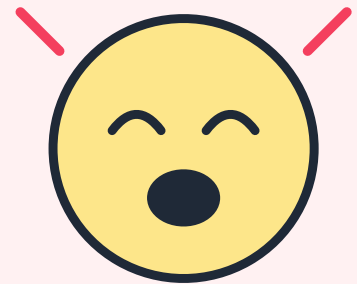
Angry



Scared



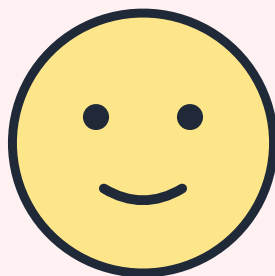
Tired



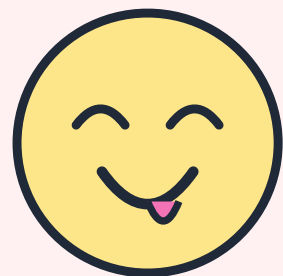
Excited



Worried



Calm



Silly

WHEN IT IS BIG

Point to the face. Say the word. Take three slow breaths. Then say what you need.

Every feeling on this poster is allowed. What we do next is the part we choose.