



# Visual Support Guide: Feelings

## What?

The feelings visual support has pictures of children's faces showing a range of emotions. These pictures can help children learn to describe feelings using vocabulary and to recognize and communicate their own emotions. The visual support includes small pictures that you can use together as a chart as well as bigger pictures that can be used separately.

## Why?

- Recognizing and labeling feelings is an important part of emotional literacy. Being able to label and communicate what they are feeling can help children learn emotional regulation and problem solving. Learning these important social-emotional skills can help prevent challenging behaviors.
- The feelings visual support is helpful to use as a part of your arrival or daily circle to know how children are feeling that day. You can also use it throughout the day to help children become aware of and make sense of what they are feeling. It also works well when helping a child who needs extra support learning emotional vocabulary or emotional regulation.

## How?

- Make feelings visual supports.
  - Decide how you'd like to use the feelings visuals — as a chart, as individual cards, or both.
    - Charts help teach all children about feelings. Use individual cards to create and play children's games such as bingo, memory, or charades.
    - Translate the strategies into the languages spoken by the children in learning environment or make a separate version in each language.
  - Use as a chart.
    - Print and laminate or put in a sheet protector.
    - Display the chart at children's eye level in an area of the room that is easy to access throughout the day.
    - To use a feelings chart, describe the feelings pictures to children and talk about the feelings during large or small group time.
      - Talk about emotions and practice identifying them when children are feeling calm, and it is easier for them to engage and try the strategies. Don't wait until a child is upset to introduce the visuals.
      - Ask children if they know of other feelings that are missing from the chart. Create additional pictures as needed.
  - Post the chart in your arrival or circle area. Invite children each day to choose the face picture that best illustrates the way they are feeling. Encourage them to label the feeling and talk more about why they are feeling that way.
    - Refer children to the chart as needed throughout the day. Talk about how feelings may change many times in one day.

- Create a “peace wall” with the feelings chart and other problem solving and regulation strategy visuals posted at child level. Hang the feelings chart next to an unbreakable mirror. Teach children that they can go there when they need support to identify how they are feeling.
- Use as individual cards.
  - Print and laminate cards. Cut out individual pictures and keep in a container that children can access easily.
  - Discuss that people can tell how you are feeling sometimes by looking at your face. You can say, “This is what your face looks like when you are feeling sad.” Point out how eyes and mouth look different for different feelings.
  - Pretend to express a feeling and ask children if they know what you are feeling. Point to the picture that matches the feeling or use a matching individual card. Label the feeling in all the languages spoken by children in your classroom.
  - Use individual cards to create and play children’s favorite games during small group activities.
- Be ready to provide additional support as needed to an individual child. For example, you can, “You look upset by the noise. How are you feeling?” and show them the cards. You can say, “Are you feeling worried or angry?” Provide intentional positive feedback when you notice a child using the strategies and regulating their emotions.

# Feelings

**Mad**



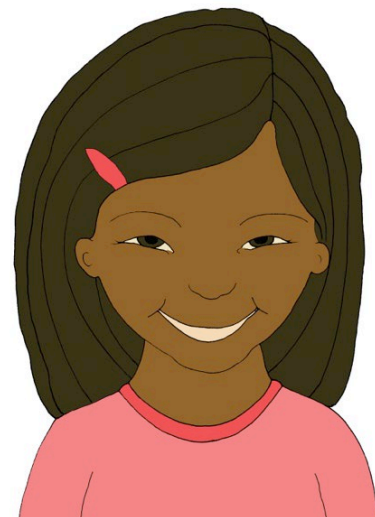
**Sad**



**Loved**

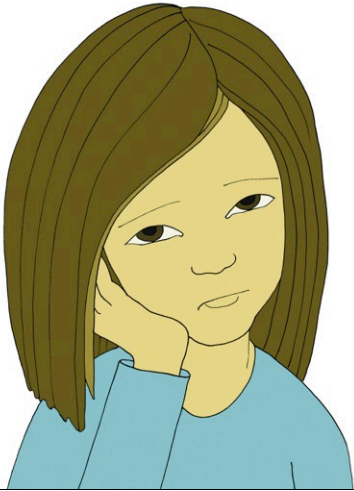


**Happy**



# Feelings

**Bored**



**Disappointed**



**Disgusted**



**Frustrated**



# Feelings

**Jealous**



**Mean**



**Proud**



**Scared**



# Feelings

**Bored**



Feelings

**Disappointed**



# Feelings

## Embarrassed





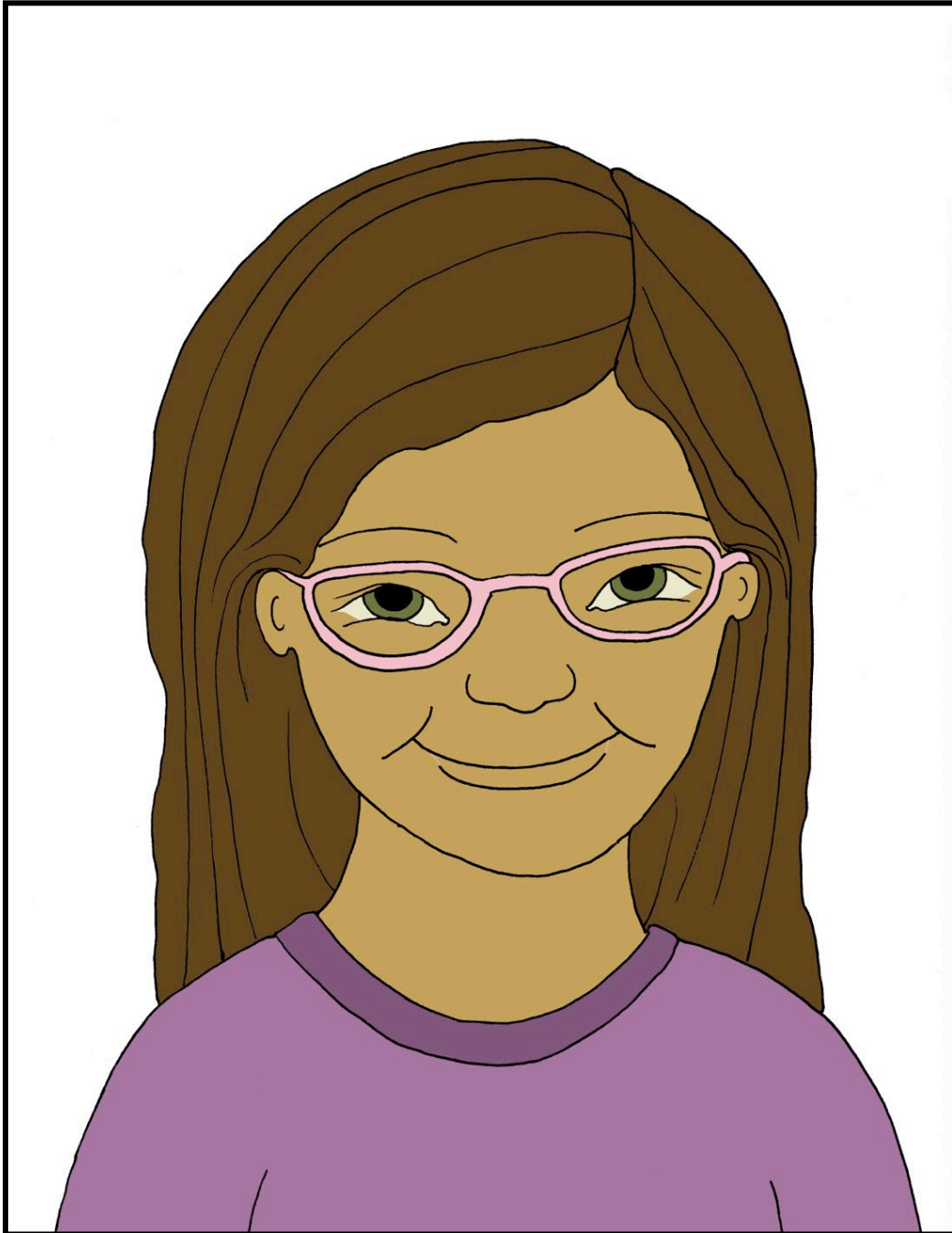
Feelings

**Excited**



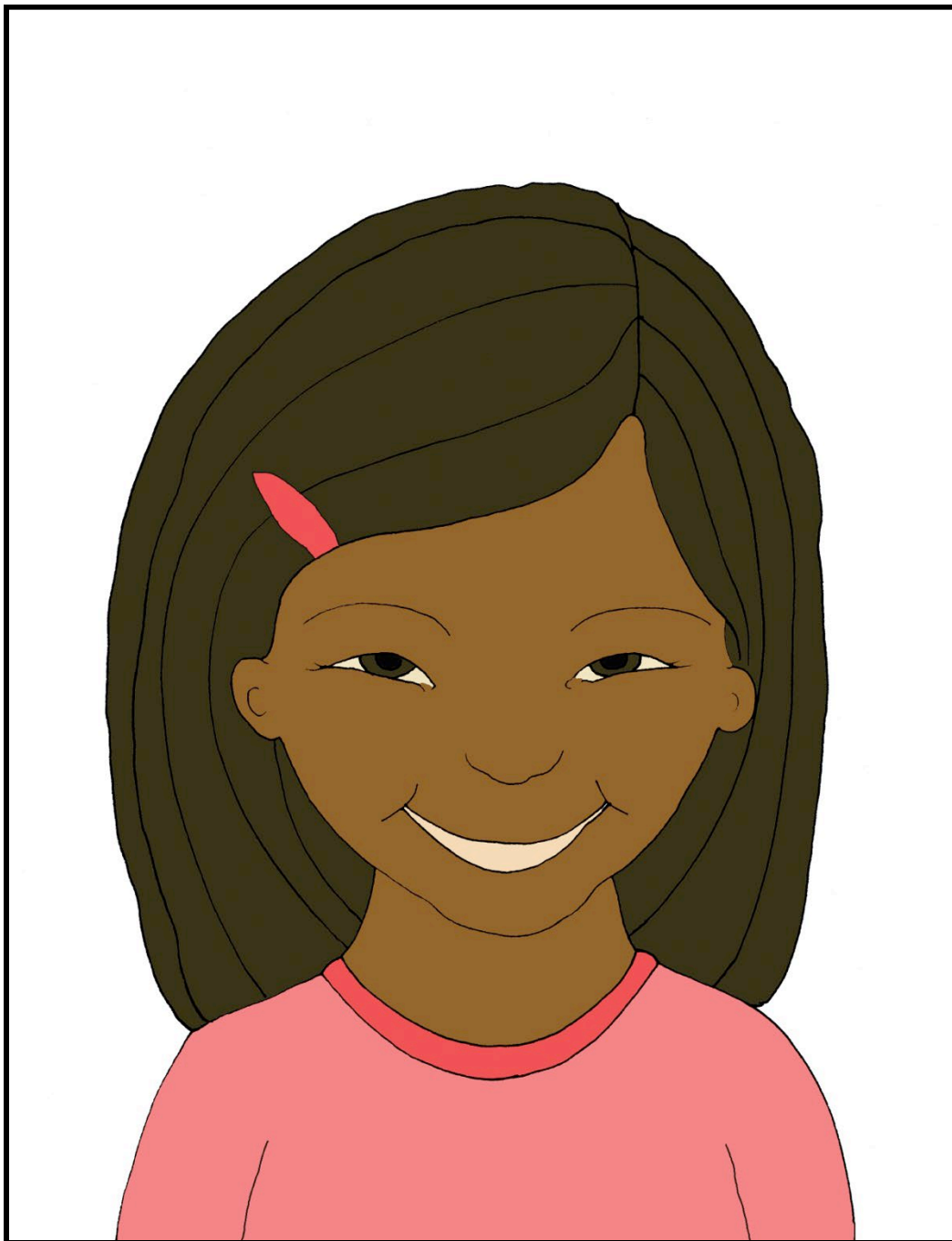
Feelings

**Friendly**



# Feelings

**Happy**



Feelings

Loved



# Feelings

**Mad**



# Feelings

**Sad**

