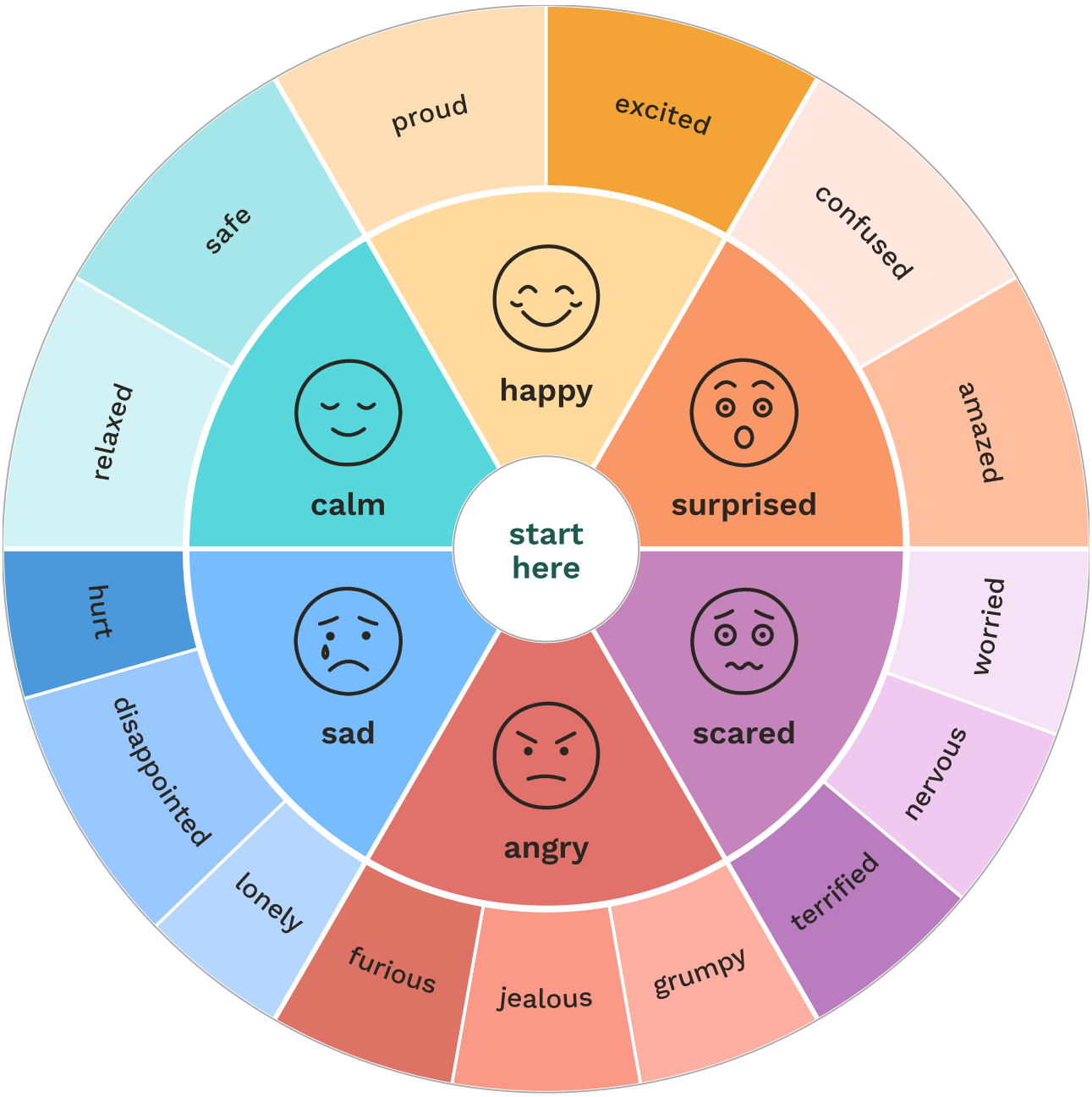
POCKET TOOLS

My Feelings Map

How do you feel right now?



1 Start in the middle.
Find the face and the word that are closest to how you feel.

2 Now look out to the edge.
Is there a word that fits even better?

3 Tell a grown-up, or point to it. You can pick more than one!

Grown-ups, the last page is for you.

POCKET TOOLS

Getting to know your feelings

 **Happy**	**Proud** is when you've done something hard, and you feel good about it. **Excited** is when something fun is coming, and you can't wait!
In your body	You might feel warm and light, with a big smile and lots of energy.
It might be telling you	Something is good right now.
Try this	Share it! Tell someone what made you happy.

 **Surprised**	**Confused** is when something doesn't make sense yet. Huh? **Amazed** is when something is so big or so wonderful, you can hardly believe it. Wow!
In your body	You might jump a little, gasp, or open your eyes wide.
It might be telling you	Something happened that you didn't expect.
Try this	Take a breath and look again. Is it a happy surprise or a scary one?

POCKET TOOLS

Getting to know your feelings

 **Scared**	**Worried** is when you keep thinking something bad might happen. **Nervous** is a jumpy tummy before something new or big. **Terrified** is the biggest scared there is. Your whole body wants to get away.
In your body	Your heart might beat fast, and your breathing can get quick. Your tummy can feel funny, and you might want to run, hide or freeze.
It might be telling you	Something might not be safe, and you want to feel safe.
Try this	Tell a grown-up you trust what feels scary. Then breathe out slowly, like you're blowing a big bubble.

 **Angry** Some people call it mad.	**Grumpy** is when lots of little things are bugging you. **Jealous** is when you want what someone else has, or you're worried someone else is getting the love or attention you want. **Furious** is the biggest, hottest angry there is.
In your body	Your face and chest might feel hot. Your hands may want to squeeze into fists, and your heart can beat fast.
It might be telling you	Something feels unfair, or something is in your way.
Try this	Stop, and squeeze your hands tight. Then let them go floppy. Now tell someone, "I'm angry because..."
Being angry is okay. Hurting people or things is not.	

POCKET TOOLS

Getting to know your feelings

 **Sad**	**Lonely** is when you want someone to be with you or play with you. **Disappointed** is when something you hoped for didn't happen. **Hurt** is when someone said or did something unkind, and it stings inside.
In your body	Your body might feel heavy and tired. Your throat can feel tight, and you might cry.
It might be telling you	You miss something, or something didn't go the way you hoped.
Try this	Ask for a hug, or sit close to someone you love. It's okay to cry.

 **Calm**	**Relaxed** is when your body feels soft and floppy, like after a warm bath. **Safe** is when the people and places around you feel okay, and nothing feels scary.
In your body	Your breathing is slow, your tummy feels soft, and your muscles feel loose.
It might be telling you	Right now, things are okay.
Try this	Notice how calm feels in your body. What helped you feel this way? You can come back to it later.

Every feeling is okay to have. Feelings come and go, like weather.

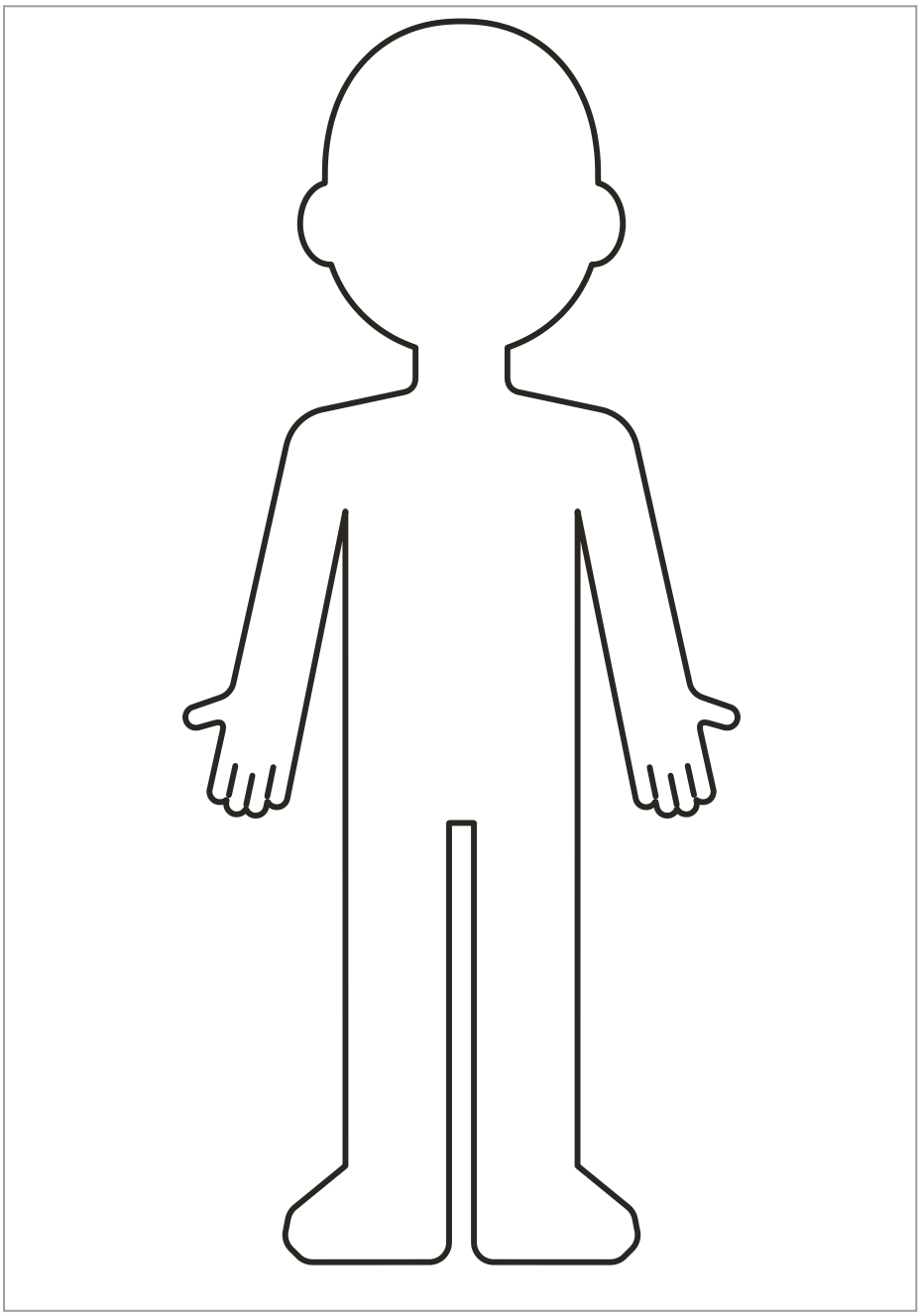
POCKET TOOLS

Where do you feel it?

1 Pick a feeling from your map.

2 Pick a color for it.
It can be the one on your map, or any color you like.
Then color the parts of your body where you feel it.

3 You can color more than one feeling.
There are no wrong answers!



Is it...

- hot or cold?
- heavy or light?
- fast or slow?
- tight or wobbly?
- fizzy or still?

Your feeling colors

- happy
- surprised
- scared
- angry
- sad
- calm

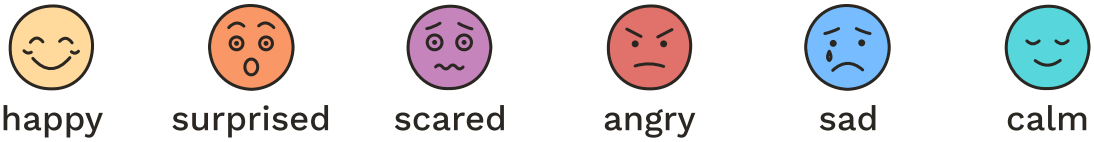
The feeling: _____ The day: _____

POCKET TOOLS

How do you feel today?

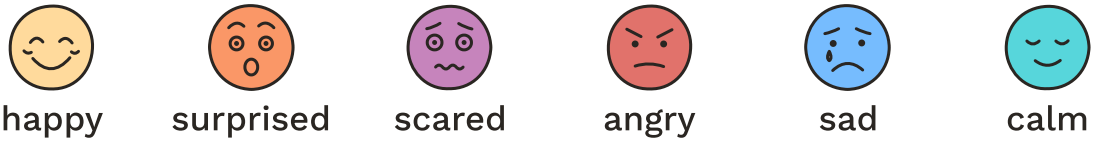
Each day, circle the face that fits.
Then color in how big the feeling is.

Day: _____



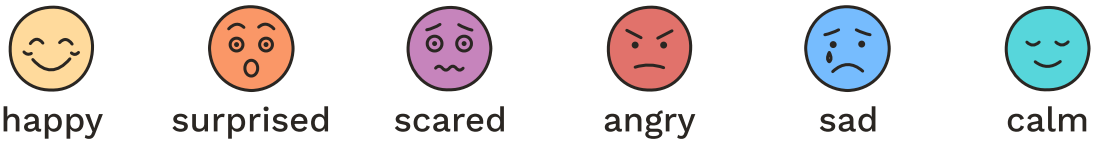
How big? ○ small ○ medium ○ big Something that helped: _____

Day: _____



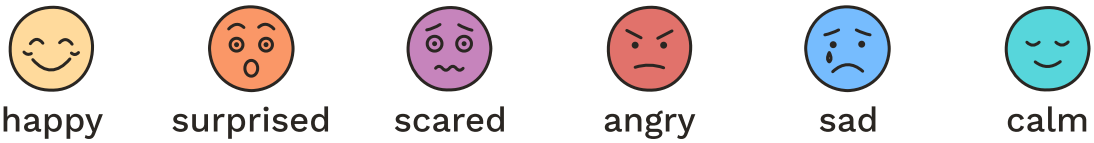
How big? ○ small ○ medium ○ big Something that helped: _____

Day: _____



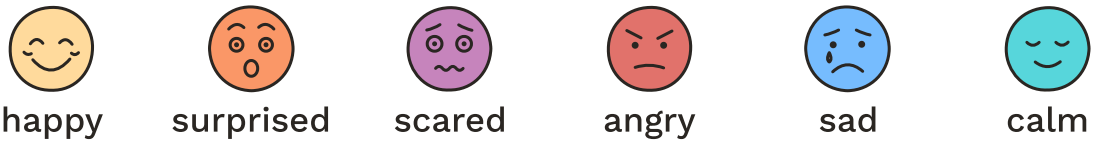
How big? ○ small ○ medium ○ big Something that helped: _____

Day: _____



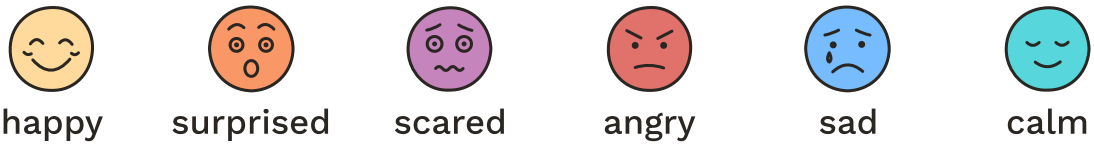
How big? ○ small ○ medium ○ big Something that helped: _____

Day: _____



How big? ○ small ○ medium ○ big Something that helped: _____

Day: _____



How big? ○ small ○ medium ○ big Something that helped: _____

Some days have lots of feelings. You can circle more than one.

POCKET TOOLS

For the grown-up

How to use this map together

What it is

This is a simpler version of our Feelings Map, made for children aged about 5 to 10. It has six big feelings in the middle and 15 more exact words around the edge.

Most children know five of the six big words by about 5 or 6. Calm often comes a little later, by about 8 or 9. Most of the words around the edge are known by about 7 or 8, so a younger child can grow into that ring with you.

How to use it

- Try it first at an easy time, like bedtime or in the car, so it feels familiar before a hard moment comes.
- Point, ask and wait: "Which one is closest? Is it a small one or a big one?" Let them choose, even if you'd have picked a different word.
- Faces are only a starting point. Young children often mix faces up, so also talk about what happened and how their body feels.
- The body page has no right answers. A child's sense of where they feel things gets more detailed as they grow, so children under about 8 do best with you beside them. Point and ask, "Here? Or here?" If the page seems to upset your child, stop and just talk.
- Use it for your own feelings too. Saying "I'm grumpy because I'm tired, so I'm going to get some water" shows them how it's done.
- Every child finds their own way in. Some children, including many autistic children and children with language difficulties, find feelings hard to name or faces hard to read. Start with the six middle words, let them point, and talk about what happened.

Name it before you fix it

When a feeling is big, start by noticing it and saying it back: "You're really disappointed the playdate got canceled." Then give it a moment.

Hurrying past a feeling ("Don't be sad, it's fine!") can teach a child that the feeling isn't welcome. Naming it tells them it is.

Once they feel understood, solve the problem together if there is one. Every feeling is allowed, but not every action is: you can accept the anger and still stop the hitting.

If your child is scared of something that's safe, comfort them first. Then help them take small, brave steps toward it. Helping them avoid it every time can make the fear grow.

When grown-ups notice and name children's feelings, children tend to understand feelings better over time. Programs that teach parents to do this have also found fewer behavior problems in children.

When to get help

Big feelings are a normal part of growing up. It's worth talking to someone if a feeling:

- is there most days, for a few weeks or more
- gets in the way of school, home life, sleep, eating, friends or play
- causes a lot of upset for your child or your family
- shows up as lots of tummy aches or headaches, or as being cranky most of the time
- started after something frightening or upsetting, and is still strong after a month, or is getting worse
- is a big, sudden change from how your child usually is

Your child's doctor, or a school counselor or nurse, is a good first step. If that isn't easy where you live, a local child and family service or a parenting helpline can point you to support.

If your child talks about wanting to die, or about hurting themselves or someone else, or tells you someone is hurting them, get help right away. Do the same if you think they aren't safe. Call your local emergency number, or find the crisis lines for your country on our helplines page: equilibriumpsychotherapy.net/crisis-helplines/

This is a tool for noticing and naming feelings. It isn't therapy or a diagnosis.