



I FEEL CHART...

LEARNING ABOUT OUR FEELINGS - EMOTIONAL INTELLIGENCE

Hi parents and caregivers!

This emoji feelings chart is a great springboard for various conversations and activities. We use this chart to introduce a wide variety of feelings... because *all* feelings are welcome; it's what we do with our feelings that makes ALL the difference. The idea is to get the next generation of kids to be able to notice their feelings, acknowledge their feelings, express their feelings (appropriately), and control their feelings. Our children's future success is dependent on their emotional intelligence. Let's start them young! We suggest that you put this chart in a few places so that they are easily accessible reference points throughout the day.

Here are a few suggested ways of using the emoji chart:

CHECK-INS

At the beginning and/or end of each day, do a check-in: ask your child how they are feeling right now or how their day/night was. Sometimes it is easier to point to what we are feeling than to say it out-loud! Remind them that sometimes we can have more than one feeling at a same time and that both are completely valid. Also remind them that ALL feelings are allowed, and it's just what we do with these feelings that can be more or less desirable.

IN THE MOMENT

When your child is showing signs of having a big feeling (anger, frustration, etc.), ask them to point to the feeling on the chart. Sometimes just identifying a feeling helps diffuse its power. Validate that feeling and demonstrate empathy before problem-solving and redirecting behaviour.

4 IN A ROW

Grab a bunch of buttons, candies, or coins to use as markers. Players take turns placing their markers on different emojis. Every time a player places a marker on an emoji, that person shares something that makes them feel that way or a time they felt that way in the past. The object of the game is for a player to get 4 of their markers in a row and to block the other player from doing so.

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I feel...



Sleepy



Embarrassed



Ashamed



Jealous



Calm



Happy



Sad



Confused



Silly



Shy



Nervous



Frustrated



Disappointed



Surprised



Angry



Hungry