

Feelings check-in chart

Help your child put a name to big feelings, so a meltdown can become a sentence. Point together: "Which face is closest to you right now?" Every feeling is allowed; there is no wrong answer.

1 How am I feeling?

**Happy**

I feel good inside

**Calm**

My body feels slow and soft

**Excited**

I can't wait!

**Proud**

I did it myself

**Worried**

Something might go wrong

**Sad**

I feel heavy or teary

**Angry**

I feel hot and tight

**Tired**

I need rest

2 What could help me now?



A hug



Tell someone



Drink water



Quiet corner



Move my body



Read a book

Try five slow breaths together: smell the flower (in through the nose), blow out the candle (out through the mouth).

Our week of check-ins

Two quick check-ins a day, after school and at bedtime. Your child draws the face or writes the word; you listen. It is a conversation starter, never a score.

Day	After school	Bedtime	What helped today
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Questions that open up a chat

- What was the best part of today?
- Was there a moment you felt worried?
- Who did you play with?
- What would make tomorrow easier?

Grown-up reminders

- Name the feeling back: "You sound frustrated."
- Feelings are allowed; hitting or hurting is not.
- Talk it through once everyone is calm.
- Share your own feelings too.

A chart to talk with, not a test. It does not measure or diagnose anything. If your child seems worried or low for a long time, talk to your doctor, preschool teacher or the school counsellor.