

Feeling Faces Chart

Discuss each feelings/emotion with your child. Let them point to the face they relate with if they can't express themselves.

Can be used together with [Guide & Grow's Communication Workshop](#) when discussing "Time In" / Calming corners in **Module 2 – Building self-discipline.**



mean



guilty



peaceful



aggressive



impatient



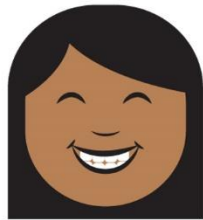
hopeful



disappointed



regretful



joyful



ashamed



humiliated



withdrawn



grieving



excited



nervous



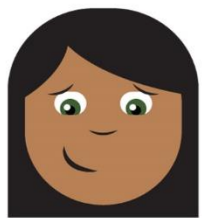
confident



frightened



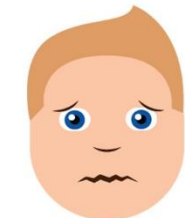
determined



apologetic



grateful



hopeless



lonely



annoyed



jealous



surprised



hurt



proud



calm



enraged



happy