

Excited

Happy

How Are You

Feelin'?

Sad

Today?

A Feelings Chart to Teach and
Self-Regulation

Worried



Thank you for allowing me to create
and share with you!

My plan is to use this in a **Time-In Station** to help teach my students self-regulation. If you would like more detail, you can visit my blog [Growing Kidlets](#) (Aug2013-Tamin' the Wild blog).

If you have any questions (or find any errors), do not hesitate to contact me. msmaughan36@gmail.com

If you like this product, please leave me a comment.



emergency

-like a volcano erupting
or like a tornado

May feel like hitting
or throwing things



Gigantic Problem

-Getting **lost**

-May feel very **sad**
or **scared**



Big Problem

-Clip going down to

red (behaviour chart)

-Getting in a **fight**

with someone



medium problem

- Forgetting lunch
or homework
- Feeling sick

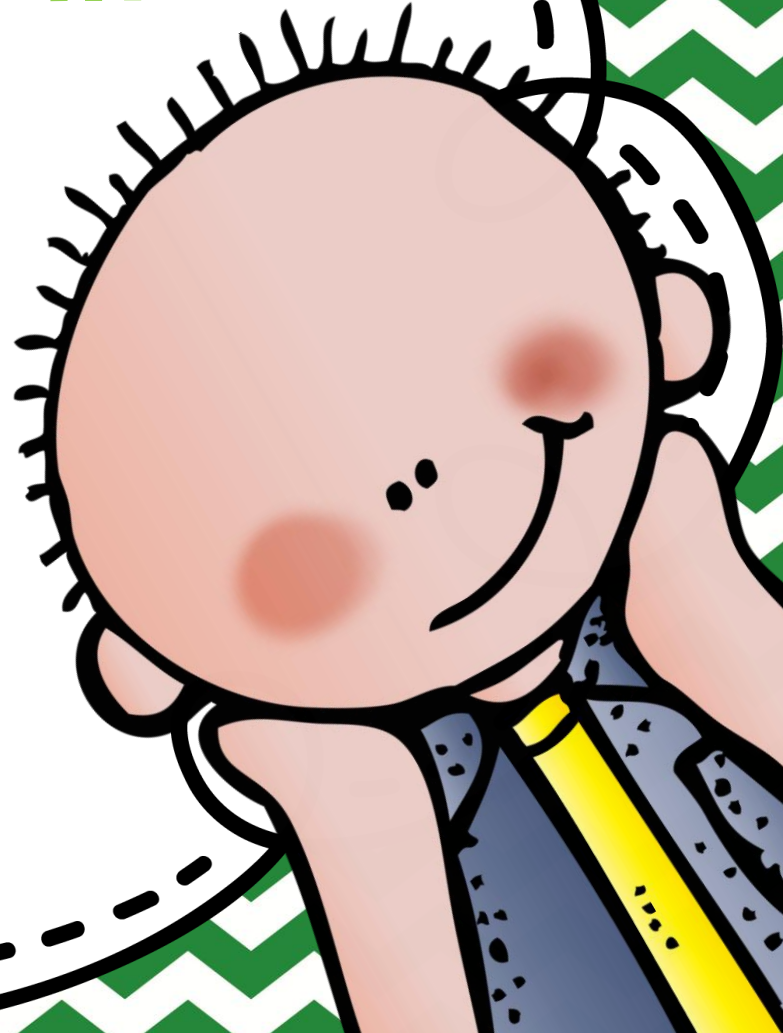


Little Problem

-Clip moving to **yellow**
or **orange** (behaviour chart)

-getting a **toy** or **book**
taken away

- **missing a subject** in
school



TINY PROBLEM

-Spilling your drink

-Dropping your pencil

-not getting called
on by teacher



Thank you for downloading this freebie. I hope you enjoy it! If you find any errors or require minor changes, please do not hesitate to contact me. msmaughan36@gmail.com

Thank you to these lovely, talented ladies for the use of their resources.

Borders by Erin at [LovinLit](#), find it [here](#)

Expressions (Kids) by Nikki at [Melonheadz Illustrating](#), find it [here](#)

Chevron background (freebie) by Marisa at [Anchor Me Designs](#), find it [here](#)

Cover Page Fonts (Freebies) and Font-a-holic Fonts (Freebies) by Deniece at [This Little Piggy Reads...](#), find them all on her blog!

