

Emotion Check-In

A daily feelings worksheet for kids and families

Kids can't manage feelings they can't name. **Here's the truth:** naming a feeling helps calm it. A quick daily check-in builds the habit, and it gives you a window into your child's day. Use the chart to find the word, then fill in the week together.

Find your feeling

Calm & happy

happy · calm · proud ·
excited · safe · silly · loved
· relaxed

Worried & scared

nervous · worried · scared
· unsure · shy ·
overwhelmed

Sad & tired

sad · lonely · tired · bored
· disappointed · hurt

Mad & frustrated

angry · frustrated ·
annoyed · jealous ·
grumpy · stuck

My week

Day	I feel...	My body feels... (tight, fast, heavy, light)	What happened?	What helped?
Mon				
Tue				
Wed				
Thu				
Fri				
Weekend				

Tips for parents

- Check in at a calm time: the car, dinner, or bedtime.
- Go first: "Today I felt frustrated when I was stuck in traffic."
- Every feeling is okay. Behavior is what we work on, not the feeling.
- Let your child point, draw, or choose a color if words are hard.

Things that can help

- ☐ Five slow breaths
- ☐ A drink of water or a snack
- ☐ Moving: jumping, walking, stretching
- ☐ A hug, or quiet time alone
- ☐ Talking to someone I trust

When feelings feel too big

If your child often seems overwhelmed, worried, or stuck in big feelings, counseling can help them build tools for regulation and confidence, with support for you too.

Counseling is provided by Karmelyn T. Lee, Registered Mental Health Counselor Intern (FL IMH29564), under licensed supervision.

[Book a free consultation](#)

ACCEPT. UNDERSTAND. LOVE.