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**Emotions** are big for little humans – and naming them is the first step to managing them. This mini **“Feelings Finder”** chart includes **12 basic emotions**, making it easier for children to see, say, and understand what they’re feeling. It also gives parents a gentle window into their child’s emotional world.

## Why Teach Emotions Early?

- Builds emotional intelligence
- Improves communication
- Helps reduce meltdowns and confusion
- Strengthens parent-child connection



# FEELINGS FINDER CHART



**HAPPY**

“You smiled when we played!”



**SAD**

“You looked down after saying goodbye.”



**TIRED**

“You yawned and rubbed your eyes.”



**ANGRY**

“Your fists got tight when I said no.”



**SCARED**

“You held me tightly at the loud noise.”



**EXCITED**

“You jumped up and down for the toy!”



# FEELINGS FINDER CHART



**CONFUSED**

“You tilted your head when I explained.”



**PROUD**

“You smiled big after showing your work.”



**PLAYFUL**

“You giggled and ran in circles!”



**SHY**

“You hid behind me at the new place.”



**FRUSTRATED**

“You said ‘I can’t do it!’”



**LOVED**

“You hugged me for no reason.”





## How to Use This Chart

- Print, Pin or Place it where little eyes can see them daily
- Show it daily – at bedtime, after school, or during quiet time.
- Ask: “Which one are you feeling today?”
- Match facial expressions with mirror play.
- Use alongside stories or drawings.
- Validate all emotions: “It’s okay to feel [emotion]. I’m here.”

### Soulnest Says:



Children don't throw tantrums because they're bad - they do it because they're overwhelmed. **Naming emotions** is the first step to regulating them.

Let **this simple chart become part of your everyday emotional toolkit.**

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# DRAWING ACTIVITY

# FEELINGS



Happy



Surprised



Angry



Scared



Sad



tired

Draw your own emotions.