



## How Do You Feel Chart

**You must be able to name it in order to tame it!**  
**Help children identify the emotion they are feeling**  
**with this handy chart.**

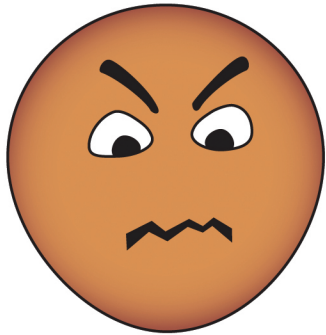
These images were custom-designed based on Dr. Bailey's extensive research about facial expressions and emotional recognition.

Read *Shubert Rants and Raves* or *Shubert's Helpful Day* (or other children's literature) and use this chart to help students identify what Shubert, Lucinda and other characters are feeling.

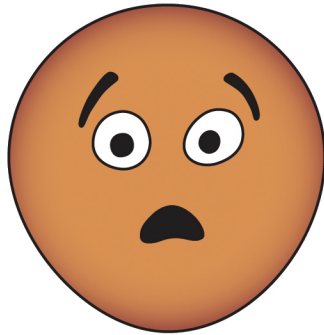
An essential tool for emotional awareness lessons, your Safe Place, guidance counselors and other mental health professionals.

**[ConsciousDiscipline.com](http://ConsciousDiscipline.com)**

# How do you feel?



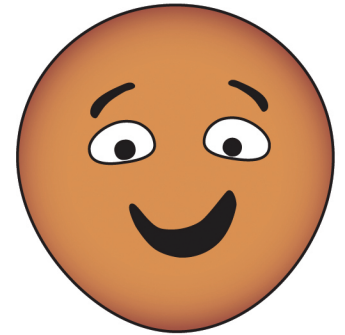
**Angry**



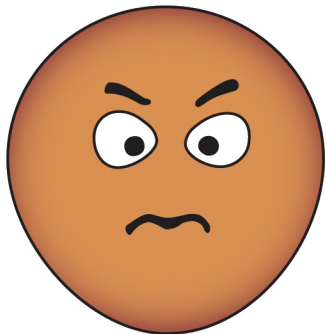
**Scared**



**Sad**



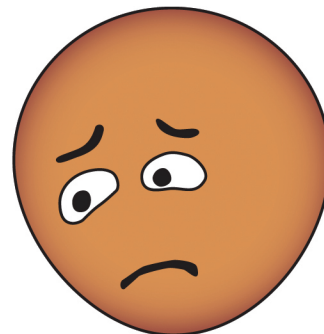
**Happy**



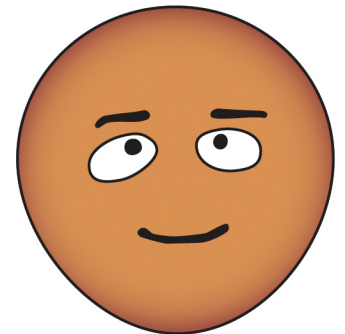
**Frustrated**



**Anxious**



**Disappointed**



**Calm**