

Printable feelings cards



Happy

It can feel like: Light and bouncy inside.

What helps: Share it: tell someone what made you happy.



Calm

It can feel like: Soft and steady, ready for things.

What helps: Notice it. This is what we practice for.



Sad

It can feel like: Heavy, slow, maybe tears.

What helps: A hug, a quiet spot, a story together.



Angry

It can feel like: Hot, tight, want to stomp.

What helps: Candle breathing, stomp it out, then talk.



Scared

It can feel like: Shaky, fast heart, want to hide.

What helps: Stay close to a grown-up, breathe slowly, look around.



Worried

It can feel like: Thoughts go round and round.

What helps: Say the worry out loud, then do one small thing.



Tired

It can feel like: Everything feels like too much.

What helps: Rest, water, a snack, early bedtime.



Excited

It can feel like: Fizzy, can't sit still.

What helps: Jump ten times, then slow breathing.