



Feelings Detective

Name it, notice it, talk about it

Six feelings to explore, a calm-down menu and a simple daily check-in for preschool-aged children.

HOW TO USE THIS PACK

- Keep the feelings page where your child can see it.
- Ask which feeling fits before asking why.
- Choose calm-down ideas together while everyone is settled.

THIS PACK BELONGS TO

Name

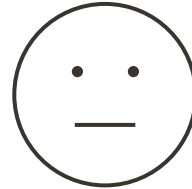
Date started

Colour Your Feelings

Happy



Worried



Excited



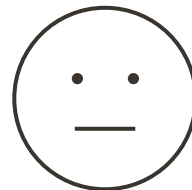
Sad



Loved



Sleepy





Calm-down Menu

Blow out a candle

slow breath out



Squeeze hands

tight, then let go



Big bear hug

ask first



Count to five

on fingers



Drink of water

small sips



Push the wall

slow strong push



Star jumps

a few



Cosy corner

cushions and quiet



Name three sounds

listen closely



Smell the flower

breathe in slowly



Wiggle it out

shake your body



Story time

one short story





How I Felt Today

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Happy	☐	☐	☐	☐	☐	☐	☐
Sad	☐	☐	☐	☐	☐	☐	☐
Worried	☐	☐	☐	☐	☐	☐	☐
Excited	☐	☐	☐	☐	☐	☐	☐
Loved	☐	☐	☐	☐	☐	☐	☐
Sleepy	☐	☐	☐	☐	☐	☐	☐