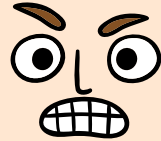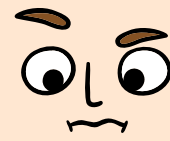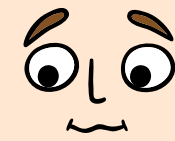# Right now I feel...

Sad

Angry

Scared

Confused

Embarrassed

Surprised

Shy

stick other half here

Curious

Proud

Happy

Tired

Excited

Anxious

Right now I feel

Right now I feel

Right now I feel

Right now I feel

SUPERPOWER KIDS
TEACH YOUR KIDS VALUES

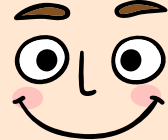# Right now I feel...

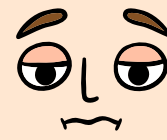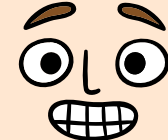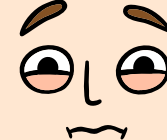Sad   Angry   Scared   Confused   Embarrassed   Surprised   Shy

stick other half here

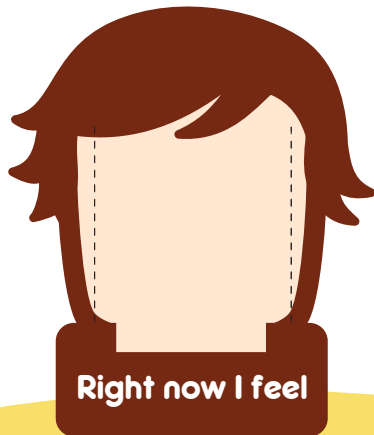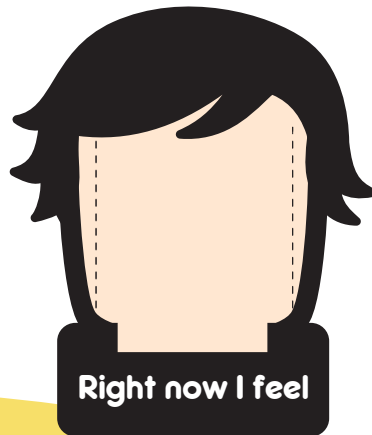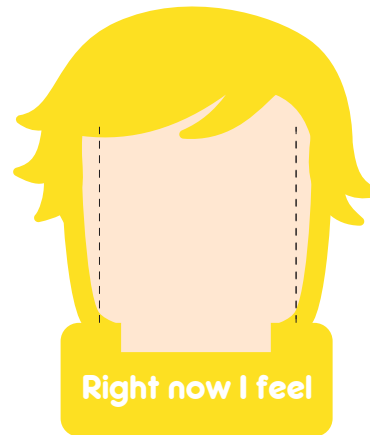Curious   Proud   Happy   Tired   Excited   Anxious
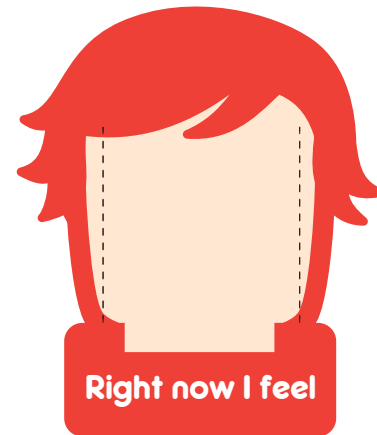
Right now I feel   Right now I feel   Right now I feel   Right now I feel

Right now I feel...

Sad Angry Scared Confused Embarrassed Surprised Shy

stick other half here

Curious Proud Happy Tired Excited Anxious

Right now I feel

Right now I feel

Right now I feel

Right now I feel

SUPERPOWER KIDS
TEACH YOUR KIDS VALUES
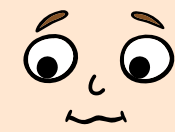
Right now I feel...

Sad Angry Scared Confused Embarrassed Surprised Shy

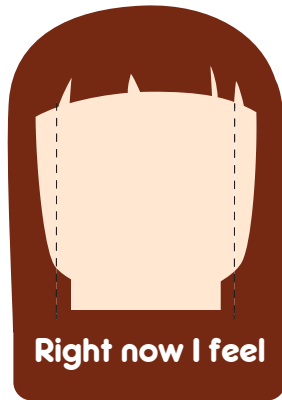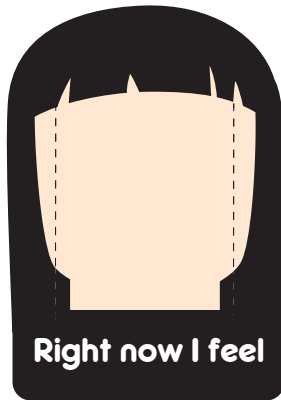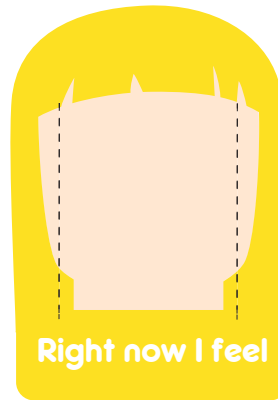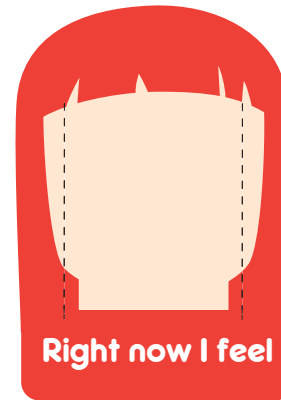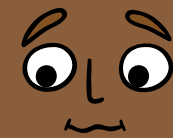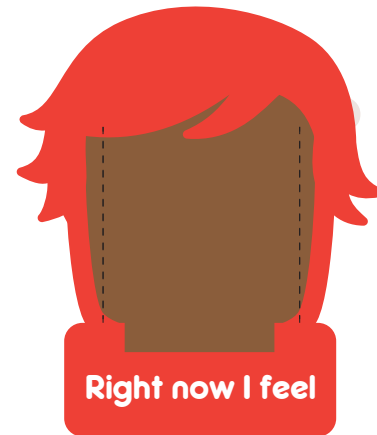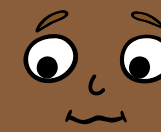stick other half here

Curious Proud Happy Tired Excited Anxious
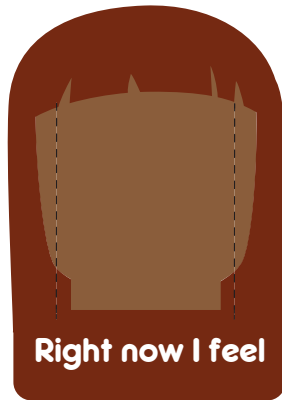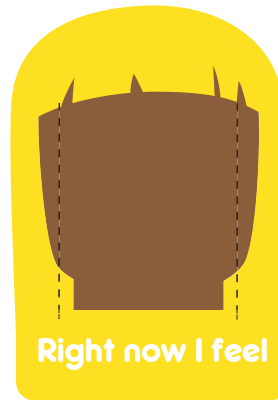
Right now I feel

Right now I feel

Right now I feel

Right now I feel

SUPERPOWER KIDS
TEACH YOUR KIDS VALUES

Instructions for creating your Feelings Chart

Cut out whichever face template and feelings chart you want to use to represent yourself.

Cut 2 slits on either side of the face template ensuring not to cut too close to the edge.

Cut out the feelings chart and glue or cellotape the 2 pieces together.

Put the face template and feelings chart together by threading the chart through the two cut out slits in the face template.

Slide the face template up and down the chart to position onto how you are feeling today.

This example shows how the chart should fit together.

Front

Back