Encouraging Emotional Expression

This worksheet is designed for parents and children to complete together to help your child identify, understand, and express their emotions in a healthy way. By working through this exercise, you will create a safe space for open conversations about feelings and build your child's emotional intelligence.

PART 1: Learning About Emotions

Explore with your child some of the different emotions we can experience throughout the day. By learning to recognize a wide range of emotions, you and your child can better understand your feelings and communicate them more effectively.

POSITIVE EMOTIONS		NEGATIVE EMOTIONS	
Happy	Joyful	Sad	Devastated
Excited	Warm	Angry	Disgusted
Grateful	Peaceful	Anxious	Envious
Proud	Relieved	Confused	Exasperated
Content	Secure	Frustrated	Stressed
Confident	Tender	Lonely	Gloomy
Amused	Thrilled	Scared	Helpless
Calm	Trusting	Guilty	Resentful
Cheerful	Optimistic	Embarrassed	Irritated
Eager	Loved	Ashamed	Lazy
Encouraged	Playful	Overwhelmed	Miserable
Fulfilled	Satisfied	Jealous	Nostalgic
Hopeful	Empowered	Hurt	Regretful
Inspired	Sympathetic	Disappointed	Pessimistic

Scan to learn more about parenting.

© 2024 Choosing Therapy, Inc. All rights reserved.

Encouraging Emotional Expression

PART 2: Track Your Daily Emotions

Use these tables to track your child's emotions throughout the week. Write down all the emotions they experienced. Refer to the previous table to help your child identify specific emotions they experienced.

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

Scan to learn more about parenting.

© 2024 Choosing Therapy, Inc. All rights reserved.

Encouraging Emotional Expression

PART 3: Talk About What Caused the Emotions

Help your child explore what situations or events caused their emotions. Explain that it's okay to feel different things and that emotions can change throughout the day.

Emotion:

What made you feel that way? What happened before you felt that emotion?

Emotion:

What made you feel that way? What happened before you felt that emotion?

Emotion:

What made you feel that way? What happened before you felt that emotion?

Scan to learn more about parenting.

© 2024 Choosing Therapy, Inc. All rights reserved.

Encouraging Emotional Expression

PART 4: Brainstorm Healthy Ways to Cope with Emotions

Together, think of healthy ways your child can cope with different emotions, especially difficult ones like anger, frustration, or sadness.

- When you're feeling upset, try taking slow, deep breaths. Breathe in for a few seconds, then breathe out slowly. This can help you feel calmer and more in control.
- If you're feeling mad or sad, grab some paper and crayons and draw how you're feeling. You can also color in your favorite picture. Drawing can help you feel better.
- If you're upset, it's okay to talk about it. You can talk to a parent, a teacher, or someone who makes you feel safe. Sharing your feelings can help you feel less alone.
- If you're feeling really mad, try counting slowly to 10 (or even 20!). It gives your brain a moment to calm down before you react.

- When you're frustrated, it's okay to take a break. You can go to your room or another quiet space for a few minutes to cool down. Taking a break gives you time to feel better.
- If you're feeling angry or have a lot of energy, try moving around. You can jump, run in place, dance, or do jumping jacks. Moving your body helps release some of those big feelings.
- When you're feeling sad, you can hug your favorite stuffed animal or blanket. Sometimes holding something soft and cozy can make you feel a little bit better.
- When you're feeling upset, try listening to your favorite calming music. Music can help you relax and make you feel happier.

Emotion:

What can we do next time you feel this emotion?

Emotion:

What can we do next time you feel this emotion?

Scan to learn more about parenting.

© 2024 Choosing Therapy, Inc. All rights reserved.