

















How are you feeling today?

Helping children understand their feelings can help them deal with challenges at school and in life. Understanding their emotions can help children:

- learn that feelings are normal
- be patient with themselves when they feel things
- feel less confused about how they are feeling
- talk about how they feel
- solve problems and make decisions.

Encourage your child to talk to you about how they are feeling so you can support them in dealing with whatever is on their mind. Below is a quick reference sheet to help your child match a word and a face with how they are feeling. If your child is struggling to talk about their emotions and you have concerns, or if you are struggling with how you are feeling, please seek professional help using the contacts below.

			
Happy	Scared	Sad	Frustrated
			
Surprised	Angry	Confused	Proud
			
Overwhelmed	Embarrassed	Ashamed	Tired
			
Lonely	Worried	Confident	Shy

Need help?

If you are concerned about your child's mental health and wellbeing, please contact Beyond Blue (1300 22 4636), Lifeline (13 11 14) or KidsHelpline (1800 551 800).