



# NCPMI Feelings Sign-In Chart

## Emotional Literacy: Using Feeling Faces

The Feeling Faces assist children with understanding their feelings and the feelings of others. It is important to teach children words to use to express feelings in replace of the use of challenging behavior. The feeling cards that follow can be used in a variety of ways to help children learn social emotional skills around use of emotional literacy and vocabulary.

- ▶ Use the pictures to talk about, identify, and describe different emotions when you or children feel this way.
- ▶ The feeling faces can be used as part of an “emotion check in.” Children can use the feeling faces to let you know how they are feeling throughout the day.
- ▶ Teach new feeling vocabulary words. Start with a few emotions then move to the more complex emotions. Teach a balance of “positive, comfortable” and “negative/uncomfortable” feelings.
- ▶ Discuss how people can tell how you are feeling by looking at the expression on your face. Talk about how to tell the different feelings apart by looking at the eyes, the mouth or body position of a person. Use the feeling faces to help you point out and explain the different facial expressions.

## Using a Sign-In or Check-in Chart

Children can use the sign-in chart to “check-in” and let you know how they are feeling throughout the day or to learn feeling vocabulary words.

- ▶ Use a balance of emotions (positive/comfortable and negative/uncomfortable)
- ▶ Add additional feeling cards to the sign-in chart as they are introduced.

### Check-in using a variety of options:

- ▶ Place child’s name or photograph on Velcro or magnet for checking-in
- ▶ Laminate this sign-in chart and have older children write their name or initials under the feeling using a dry erase marker. Wipe off at the end of each day.
- ▶ Enlarge the Sign-in Chart for hanging in the classroom as a poster.



**Happy**  
Feliz



**Sad**  
Triste



**Mad**  
Enojado(a)



**Tired**  
Cansado(a)
