



My Emotion Faces Worksheet

Pick your feelings, describe each as a face and a body feeling, rate how strong it is, then say what happened and what would help. Your own words are the right ones.

TWELVE FEELINGS FACES



happy



sad



angry



scared



worried



surprised



disgusted



embarrassed



proud



lonely



calm



tired

01 1. Pick the feelings I have had

Tick any feeling you have noticed lately. Be as honest as you can, and remember that every feeling is allowed, including the uncomfortable ones.

The feelings I have noticed:

- ☐ Happy
- ☐ Sad
- ☐ Angry
- ☐ Scared
- ☐ Worried
- ☐ Surprised
- ☐ Disgusted
- ☐ Embarrassed
- ☐ Proud
- ☐ Lonely
- ☐ Calm
- ☐ Tired

A feeling I had that isn't on the list:

02 2. The face and the body

For each feeling you ticked, write the word, then describe the face (what do the eyebrows, eyes and mouth do?) and where you feel it in your body. Write 'not sure' if you aren't sure.

Here is a prompt for each: happy (smile, loose body), sad (mouth turned down, heavy), angry (frown, tight jaw or fists), scared (wide eyes, racing heart), worried (tense forehead, tight tummy), surprised (eyebrows up, mouth open), disgusted (nose wrinkled, mouth turned away), embarrassed (hot cheeks, looking away), proud (chin up, chest wide), lonely (empty or aching, hard to look at others), calm (soft face, slow breathing), tired (heavy eyelids, slow body). Yours may be quite different, and that is fine.

[illegible]

03 3. One feeling in more detail

Pick the feeling that stood out most. Write what was going on, without judging yourself or anyone else.

The feeling I'm looking at:

How strong was it?

1 2 3 4 5 6 7 8 9 10

Barely there

As big as it gets

What happened just before? Where was I, and who was there?

What did I do, or want to do, when I felt it?

04 4. What would help?

Different feelings need different things. Tick what might help with the feeling above, or add your own. If the feeling is a pleasant one, what would help you enjoy it for longer?

- ☐ Telling someone how I feel
- ☐ A hug or being near someone I trust
- ☐ Some quiet time on my own
- ☐ Slow breaths, with a longer breath out
- ☐ Water, a snack or a rest
- ☐ Moving: a walk, a stretch or shaking my hands out
- ☐ Drawing, writing or music
- ☐ Doing something small that I can finish
- ☐ Asking for help with the thing that happened

One thing I will try:

05 5. For the grown-up (if you are doing this with a child)

You don't need to fix anything. Listening is the job here. A child's face may not match their feeling, and words may not come. 'Do you want to draw it?' is a fine alternative to words.

What I noticed, and one thing I'll do differently:

If a feeling keeps coming back or seems too big, who can I talk to? (a GP, a teacher, the school's pastoral lead, a helpline)

06 6. How I feel now

Check in again after you've written it down. Putting a feeling into words may change it a little, or not at all. Either is fine.

How strong is the feeling now?

1

2

3

4

5

6

7

8

9

10

Barely there

As big as it gets

What did I notice by doing this?

When you're done, a moment to reflect

- Which feeling was easiest to find a face for, and which was hardest?
- Where in your body do you tend to feel things first?
- Does your face always show what you are feeling? When might it not?
- What helps you most when the feeling is uncomfortable?
- Who could you tell when a feeling is bigger than you can manage alone?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/emotion-faces-worksheet



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.