

Talking about feelings

**It's normal for kids to have a lot of feelings.
Especially when navigating family separation.**

Whether you and your partner have just separated, or it was a long time ago, your kids may have strong feelings about the situation. And it's important that they feel safe to do so.

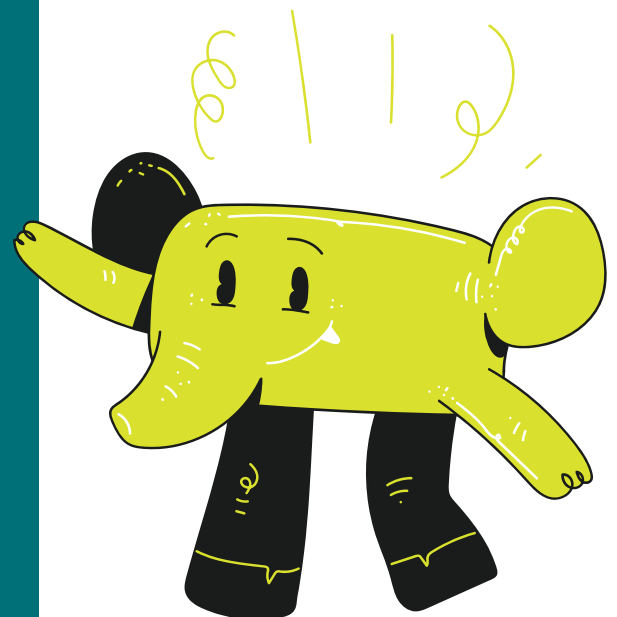
Their feelings may change over time, too. For some kids, the initial shock of the change is the worst bit. For others the grief gets worse further down the track when reality sets in or when step-families come into the picture.

All these feelings can be hard to understand and manage, especially if they've never felt them before.

A feelings chart can help your kids understand – and express – their feelings.

Top Tips for using a feelings chart

- 1. Create a safe space to talk about their feelings (big and small!)**
Try to keep your chart in a place that they can easily find or see – but also one that feels safe. Talking about big feelings can feel scary for some kids, so it's important to nurture a safe, positive space for conversations about emotions.
- 2. Use the feelings chart when they are calm.**
Trying to identify an emotion might be tricky in the middle of a Big Feeling. Once they are feeling calm, show them the feelings chart and you can talk about the experience together.
- 3. Focus on all emotions – not just negative ones!**
Your child may have a lot of feelings – and that's ok. While identifying the negative emotions is essential for their social-emotional skills, acknowledging the positive ones is just as important.



Uniting

Feelings chart



Angry



Confused



Sad



Distressed



Happy



Scared



Feelings chart

Angry



Cranky	Dismayed	Hate
Furious	Frustrated	Horrificed
Irritable	Impatient	Hostile
Mad	Outraged	Repulsed
Grumpy	Resentful	Volatile
Bored	Appalled	Frazzled
Betrayed	Disgusted	On edge
Annoyed	Dislike	Rattled

Confused



Baffled	Jealous	Apathetic
Bewildered	Envious	Bored
Dazed	Happy and sad	Cold
Lost	Pressured	Detached
Mystified	Mixed up	Distant
Perplexed	Disconnected	Overwhelmed
Puzzled	Alienated	Stressed out
Torn	Aloof	Vulnerable

Sad



Unhappy	Withdrawn	Agony
Upset	Worn out	Anguished
Depressed	Burnt out	Disappointed
Embarrassed	Depleted	Discouraged
Distracted	Exhausted	Disheartened
Abandoned	Tired	Grief
Numb	Sleepy	Heartbroken
Uninterested	Weary	Miserable

Distressed



Devastated	Dejected	Private
Hurt	Despair	Left out
Lonely	Gloomy	Rejected
Regretful	Heavy hearted	Betrayed
Remorseful	Wretched	Trapped
Hated	Longing	Invisible
Guilty	Pining	Powerless
Ashamed	Helpless	Silenced

Happy



Excited	Amazed	Delighted
Glad	Confident	Pleased
Happy	Relieved	Calm
Liked	Proud	Comfortable
Loved	Safe	Trusting
Optimistic	Secure	Curious
Friendly	Grateful	Surprised
Hopeful	Amused	Warm

Scared



Afraid	Petrified	Uneasy
Frightened	Suspicious	Unsettled
Nervous	Terrified	Anxious
Shy	Worried	Distressed
Tense	Disturbed	Distraught
Panicked	Restless	Jittery
Fidgety	Startled	Fragile
Shocked	Troubled	Guarded
Panicky	Uncomfortable	Shaky

