

How Am I Feeling Today?

A simple feelings check-in for toddlers who don't have the words yet — pairs with our Big Feelings guide.



Happy

Looks like: Smiling, bouncy, wants to play



Sad

Looks like: Quiet, teary, wants a hug



Mad

Looks like: Loud, stomping, fists clenched



Scared

Looks like: Clingy, wide eyes, hiding



Tired

Looks like: Rubbing eyes, slow, cranky



Calm

Looks like: Relaxed, easy breathing, settled

Circle or point to how you feel right now. There's no wrong answer — naming a feeling is the first step to working through it.