

HOW DO YOU FEEL?

A visual aid and guide
for naming feelings.

by Autumn Mott Calvert
author of "bad sheep"
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Letter from author



Autumn
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Imagine... a feeling creeping up through your stomach,

your throat, and up through the top of your head. Realizing this feeling is not a good one, your eyes begin to tear up.

The person you love most asks you what is wrong. You do not know what is wrong, and, even if you did, you are unable to say it because your communication has not yet developed. Stuck inside of this vortex, the feeling gets stronger until all control is lost.

I have witnessed this happen to my little boy who is diagnosed autistic.

I had to find a way in so I could get him out!

Though I have a degree in Human Development/Family studies, I had much to learn about parenting a special needs child.

Over the years, a tribe of support came from my son's therapists, special needs teachers, and other moms of special children. All of these qualified individuals taught me new approaches to motherhood.

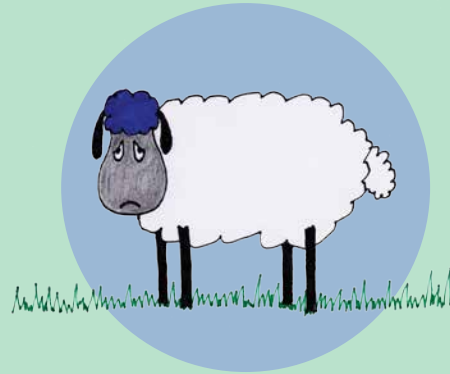
This guide includes some of what I have learned in the school of real life. Teaching my son to name his emotions was a HUGE first step in his development!

The "Feelings Chart" is a visual aid inspired by my children's book "bad sheep". I wrote the book with naming emotions in mind.

This chart is a beautiful companion to the book!

Enjoy the chart, and HAVE FUN!

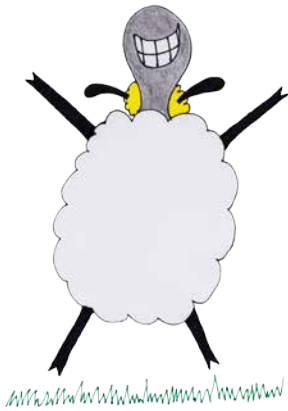
Autumn



Using the Feelings Chart

PRINT IT

On a Magnet



If your little one is anything like my son, the chart will be destroyed if it isn't protected.

I suggest printing it out on magnet paper available for printers.

You can also print it out and laminate.

Protecting the chart will save ink and time!

HOW DO

THEY Feel?



Once you have the chart in hand, sit down with your child and show them the emotions. Make it fun!

Going over the chart several times over a couple of days should familiarize your child with the sheep.

Parent: How does this sheep feel?

Child: I don't know!

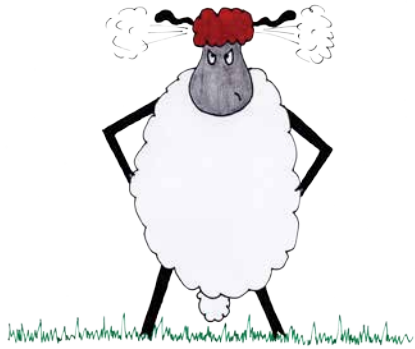
Parent: He feels sad. Aww. Poor sheep!
Can we make a sad face, too?

Having the book, "bad sheep", and reading it to your child will substantially quicken this process. Familiarity with the feelings of the sheep is key!

Purchase "bad sheep" book [HERE!](#)

Point

It Out



Give your child a voice.

I suggest beginning this process using the “fun” emotions.

For instance, if your child is excited about something, head over to the chart. Ask your child, “How do you feel?”

Let your child show you by POINTING at the feeling chart!
When they do, CELEBRATE!!

Consistency is key.

Once they are familiar with the system, move on to “sad.”

Save “mad” for last. It will be the most difficult.

I cannot speak for other children, but for my son, when he gets really angry, there is no reasoning or answers. He needs a moment to settle. After he has calmed, it is then I ask him how he felt.

We “talk” about what happened. I tell him I understand he felt mad.

I let him know it is ok to be mad! I get mad! Everyone gets mad!
How we react when we get mad is the important part!

Children are eager learners. They learn best when their emotions are not all over the place. In time, they will learn to use the chart, and you will have an open door to help them grow and learn how to handle their emotions!

Hang It

On The Fridge



It doesn't have to be on the fridge, but I have found this is an easy place for little ones to remember to look.

Find a place in your home where your child can access the chart easily.

Be sure the chart is at the child's eye level!

Once you have the perfect spot, leave it there.

Don't move it unless it is a sticky situation, and you feel you need to bring the chart to your child.

Eventually, when there is an issue with emotions arising, your child will instantly know where to find it.

Also, parent or guardian, hang in there! This will take time and consistency! You have got this!

It's Your

TURN!

When I participate in an activity, I mirror what it is I want my child to learn. It works!

When you are feeling a certain way, take your child to the chart and point to how you feel!

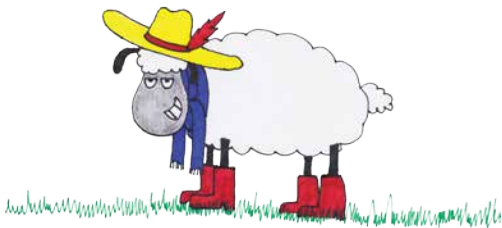
Let's say you are all dressed up. Take your child over to the chart and point to, "I am cool!"

Make facial expressions, and even change up your stance!

FEEL THE COOL!

Both of you will probably laugh, but this is great! It sets a marker in your child's mind.

No matter the feeling, show your child you have feelings! It not only will help them learn about the "feelings chart," but it will also help them develop a more compassionate view of others and their feelings.



FEELINGS CHART

Recap



Print Chart on Magnet



How do THEY feel?



Point it out



Hang it on the Fridge



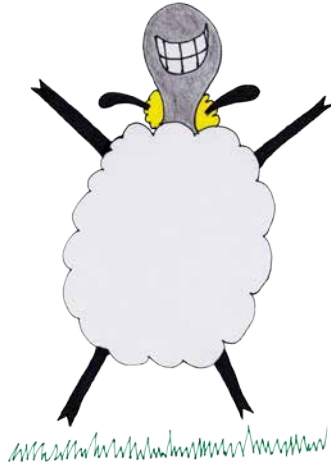
It's Your Turn!

*NOTE: ALL children learn differently.
This guide is intended to give you
a good starting point!

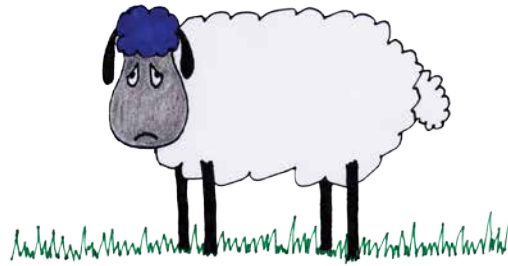


The Feelings Chart

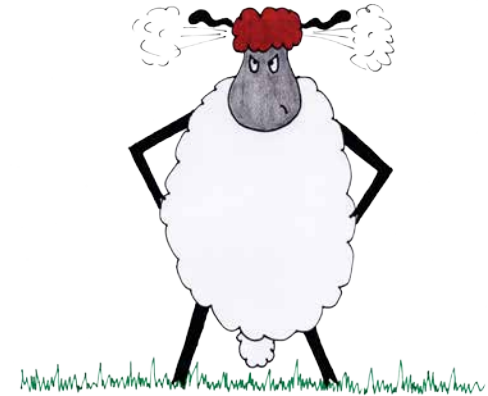
How do you feel?



I am glad!



I am sad.



I am mad!



I am grumpy.



I am confused.



I am cool.

Summary

As parents, we want to protect our children from experiencing negative emotions and feelings. But, they are unavoidable.

Teaching your child strategies on how to best react and cope with all emotions and feelings will aid them on their journey through life. The first step is teaching them to name the emotion.

I hope you find this visual aid and guide helpful. My greatest hope is this will create a connection between you and your child, and build trust in sharing their emotions and feelings with you!

Have fun naming your emotions and feelings!


www.autumncalvert.com

Purchase “bad sheep” [HERE!](#)

