



# 21+ Ways to Share Emotions With Kids

## worksheet

You're not listening and I'm frustrated.

We played a game together and I'm content

I slept well last night and I'm rested.

You packed your own lunch and I'm prepared.

You picked up the toys and I'm relieved

I'm behind on work and I'm anxious.

I talked to a friend on the phone and loved it.

The house is messy and I'm mad.

You said thank you after breakfast and I'm grateful.

You helped a friend and I'm joyful.

You're whining and I don't like that.

You're not following directions and I'm worried.

I have to cook dinner and I'm rushed.

You're climbing high and I'm afraid.

You cooperated at the store and I'm happy.

You stayed in bed last night and I'm encouraged.

I had a hard day and I'm mad.

You keep getting out of bed and I'm angry.

I took break today and I feel relaxed.

You're fighting with your sister and I'm overwhelmed.

We ate dinner together and I'm peaceful.

We went to the park and I'm energized.

You're having a lot of emotions and I'm not sure what will help.

You're having a hard day and I'm sad with you.