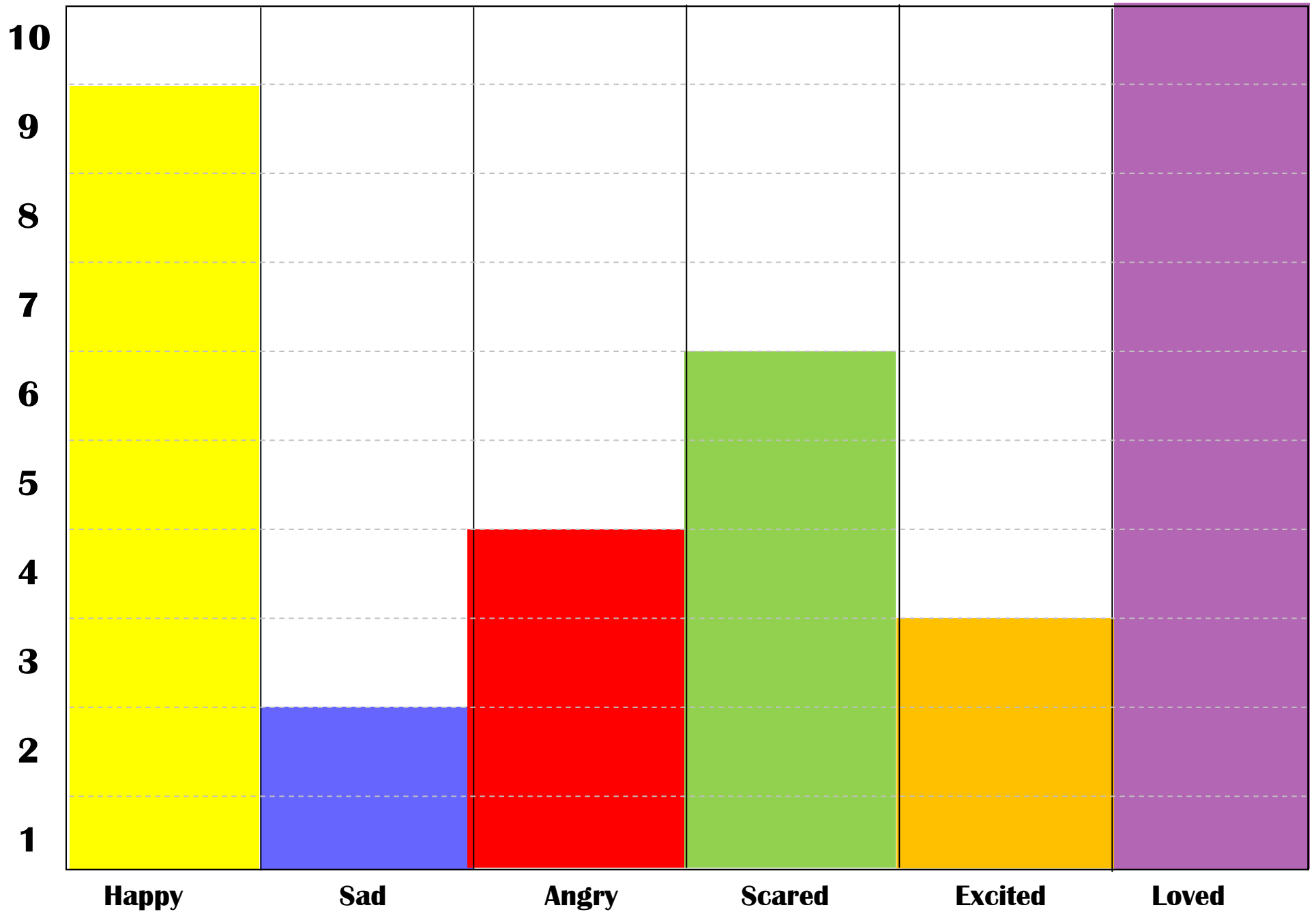
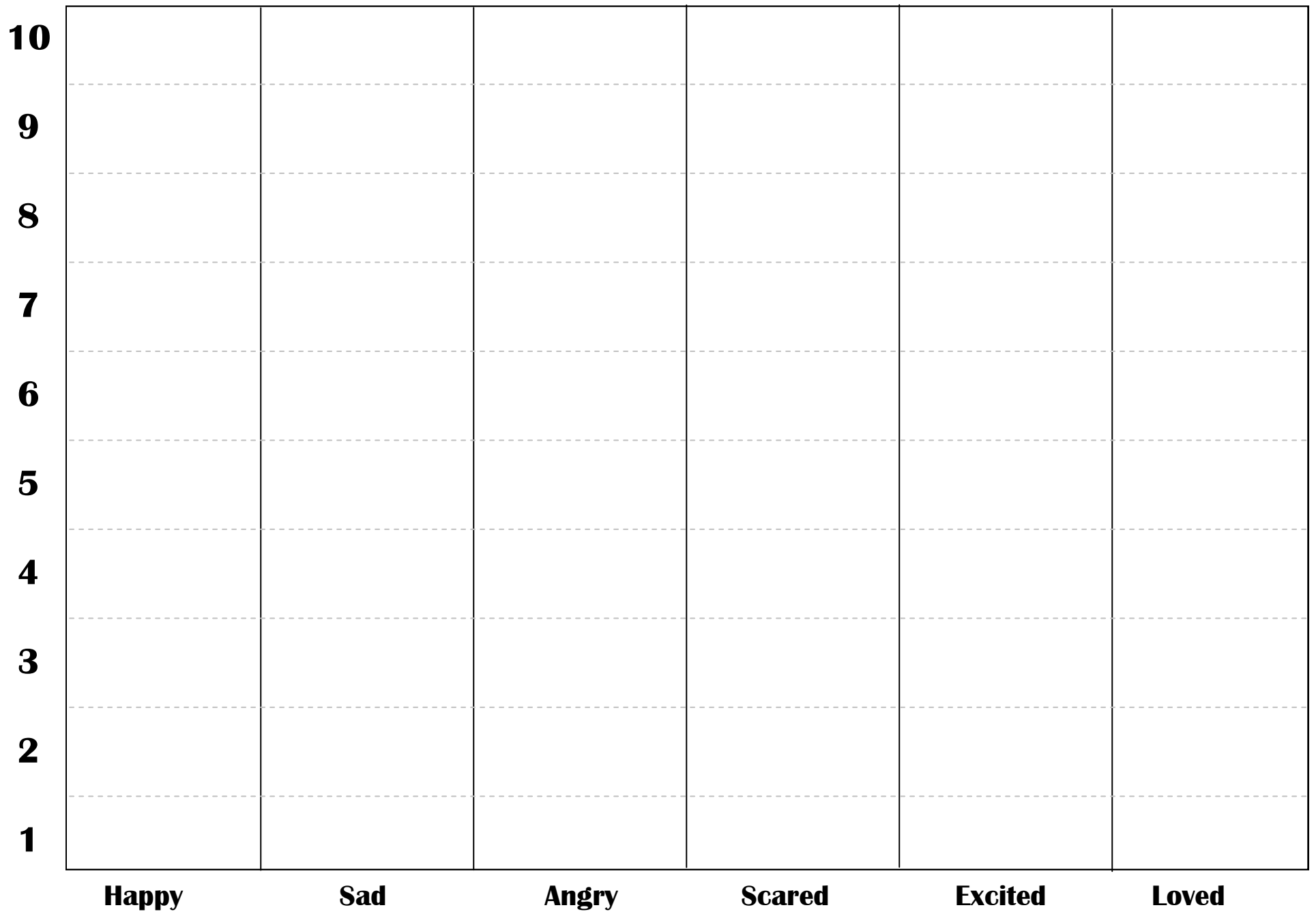


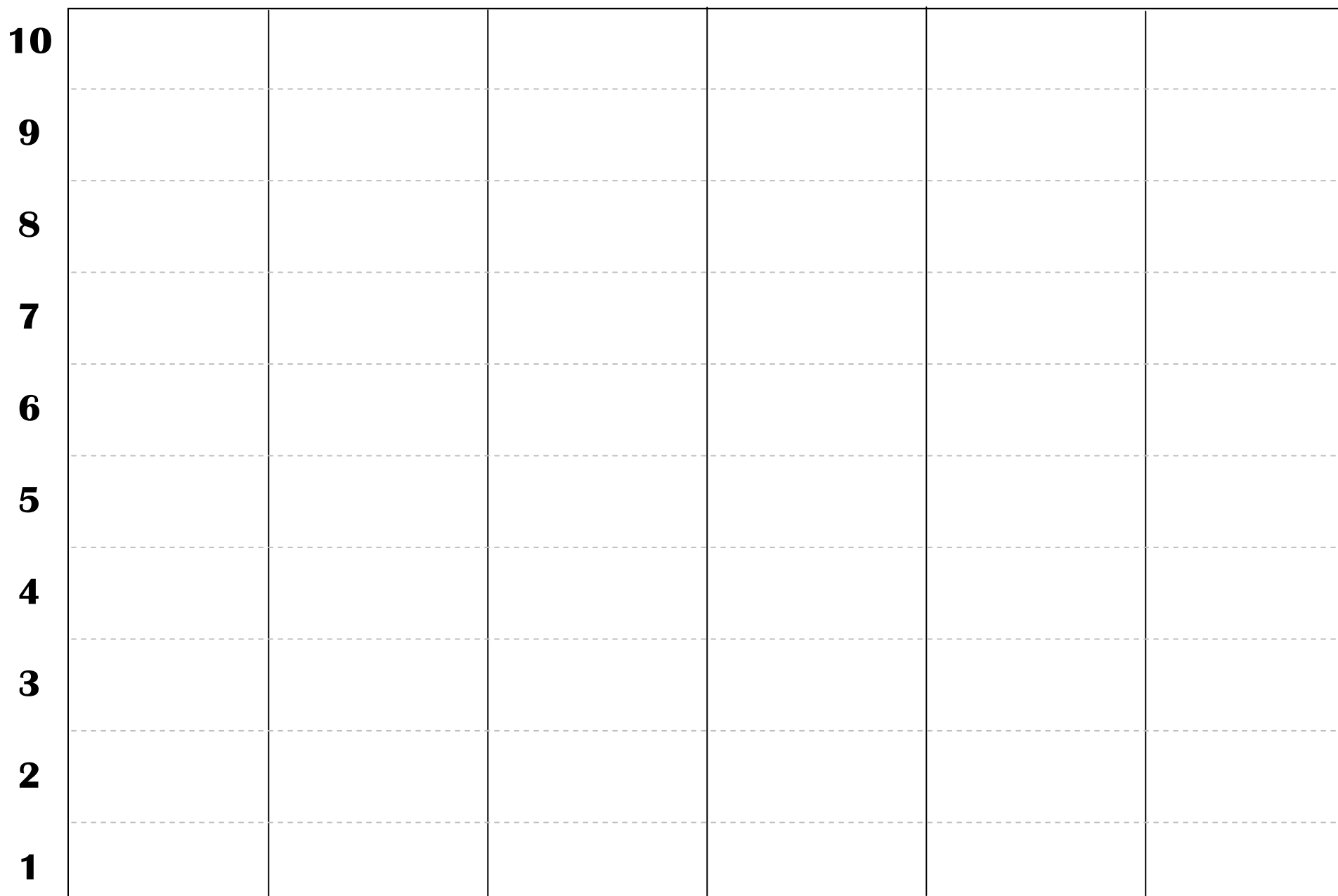
Feelings Graph - Sample



Feelings Graph



Feelings Graph



Feelings Graph Instructions

This is an easy, yet effective way to understand what a child is feeling. Feelings charts are very useful, but this provides more insight, as you are able to learn how much of each feeling a child is experiencing. I have provided 1 copy that has feelings words written in already and another copy that is blank on the bottom. Each child that you see will be dealing with different issues. You may want to add grief, loneliness, frustration, etc.

To use this intervention, have the child select a different color for each feeling. Have them fill in the graph to show how much that have felt of each feeling for a specified amount of time. You may choose to do it for the past day or week. This is also a helpful tool to use during one of the first sessions with a client and then follow up at a later date. It can demonstrate progress or regression.

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