SENSORY solutions™

FEELING FACES anchor chart

with *Your Amazing Brain*



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tips for use

ASCA standards:
- M 2
- B-SMS 2
- B-SMS 7

Understanding what you are feeling is a huge part of emotion management! Let's figure it out.

This makes a great anchor chart for your classroom or regulation space.

Have students choose an emotion and share a story about a time they felt that way.

Model identifying emotions by pointing to the face that matches what you are feeling.

Remind students often that feelings have a beginning, middle, and end...whether comfy or uncomfy, it won't last forever!

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Feelings Come and Feelings Go!

Right now I feel...

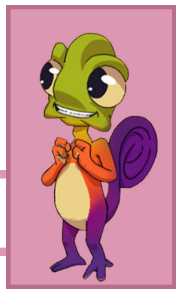


I will remember...



This is uncomfortable *and* I got this

This feeling won't last forever





I am not my feelings

I can be the boss of my brain



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