

# How are you feeling today?

It's important to know what a child is feeling and thinking. But finding the words can be difficult, especially for young children. You can use the pictures below to identify, describe and talk about emotions a child is feeling. Try asking: What do you think happened in this picture? What might be this kid's story? How might they be feeling? Has there been a time that you felt that way?



**Frustrated**



**Embarrassed**



**Lonely**



**Sad**



**Scared**



**Shy**



**Nervous**



**Mad**



**Happy**



**Loved**



**Proud**



**Confused**

For more resources and information go to [Northwell.edu/MentalHealth](https://www.northwell.edu/MentalHealth)