

Emotion Identification Chart for Kids (Ages 6-9)

Emotion **Emoji** **Description for Kids**

How It Feels in Your Body

Happy



"When you feel like smiling and playing!"

"Your face feels relaxed, and you may feel warm or giggly inside."

Sad



"When you feel like crying or need a hug."

"Your heart may feel heavy, and you might have tears in your eyes."

Angry



"When you feel mad because something is unfair or you got hurt."

"Your body might feel hot, and your fists or jaw might clench."

Scared



"When you feel nervous or worried about something."

"You might feel your heartbeat fast or feel a little shaky."

Excited



"When you're super happy and can't wait for something!"

"You feel full of energy, and your heart might feel like it's racing."

Calm



"When you feel relaxed, and everything feels okay."

"Your body feels at ease, and you might take deep breaths."

Proud



"When you feel really good about something you did."

"You feel warm inside, and maybe even a little taller!"

Confused



"When you don't understand or need help figuring something out."

"You might feel a little tense, and your forehead might wrinkle."