

FEELINGS ARE MY SUPERPOWER

WORKSHEET PACK

Fun Activities to Help Kids Explore and
Manage Big Feelings





FEELINGS ARE My Superpower

WORKBOOK PACK

A Guide for Parents, Guardians, and Educators

Helping children understand their emotions is one of the greatest gifts we can offer. Feelings Are My Superpower is a gentle, engaging workbook designed to support emotional development in children aged 5–8. Through playful activities, children will build vocabulary around their feelings, learn healthy ways to cope, and recognize that emotions are not something to fear—but powerful tools they can understand and manage.

This guide includes five core worksheets, each with a specific focus:

1. How Do I Feel Today?

Children learn to name and express their emotions using visuals, coloring, drawing, and sentence prompts.

Activities include:

- Emotion face chart (circle how you feel) 
- Drawing their emotion 
- Sentence completion: “I feel ____ because ____” 
- Mood color chart 

Why it matters: Naming a feeling is the first step to managing it. This builds emotional awareness and self-acceptance.



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2. How I Calm Down

Children explore tools they can use when they feel overwhelmed.

Activities include:

- Matching calm-down tools 
- Drawing themselves using one 
- Choosing a calm space 
- Sentence starters for self-talk 

Why it matters: Kids need reliable, safe ways to regulate themselves. This builds emotional resilience.

3. What Makes Me Happy

Children are guided to reflect on the people, places, and things that bring them joy.

Activities include:

- Drawing happy moments 
- Circling happy images 
- Coloring smiley faces
- Writing: "I feel happy when ____" 

Why it matters: Noticing what brings joy helps kids connect with gratitude and emotional grounding.



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4. Feelings in My Body

This worksheet teaches kids how to listen to their bodies as a way to understand their feelings.

Activities include:

- Body outline: Color where they “feel” emotions
- Matching body cues with feelings (e.g., tight fists = angry)
- Sentence prompts
- Coping strategies



Why it matters: Physical awareness helps children catch big emotions early and respond instead of react.

5. My Superpower Plan

Children reflect on everything they've learned and create a simple, empowering plan to use their “emotional superpowers.”

Activities include:

- Drawing themselves using a superpower
- Naming their feeling superpower
- Writing how and when they’ll use it
- Coloring their own Super Badge



Why it matters: This builds a sense of mastery, pride, and ongoing motivation to apply emotional tools in real life.



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How to Use This Workbook:

- Sit beside your child and allow them to explore at their own pace
- No answers are wrong—let their drawings and words express their inner world
- Use calm tones, ask open questions, and listen with empathy
- Revisit the worksheets often—emotions evolve as children grow

This is more than a workbook. It's a tool for connection, communication, and healing. You're not just teaching your child emotional skills—you're helping them **believe in the power of who they are.**



HOW DO I FEEL TODAY?

FEELINGS ARE MY SUPERPOWER WORKSHEET 1

👋 Hi Super Kid! Let's learn about feelings today. You've got LOTS of them, and that's your superpower! ✨

1. CIRCLE THE FEELING

Look at the faces below. Circle how you feel right now.



Happy



Sad



Angry



Scared



Bored

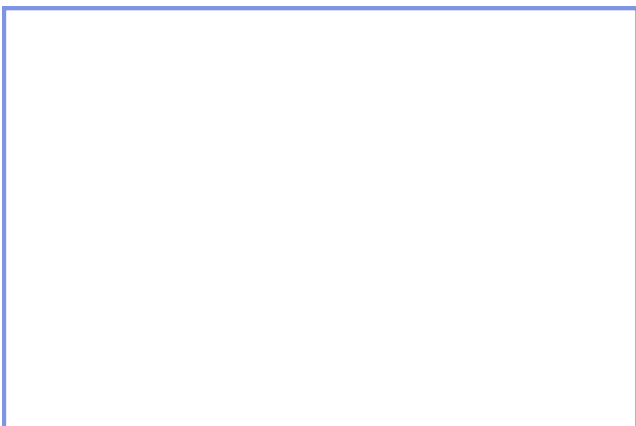


Excited

2. DRAW YOUR FEELING

In the box below, draw a picture of yourself feeling that way!

✏️ (You can add colors to show your feeling too!)



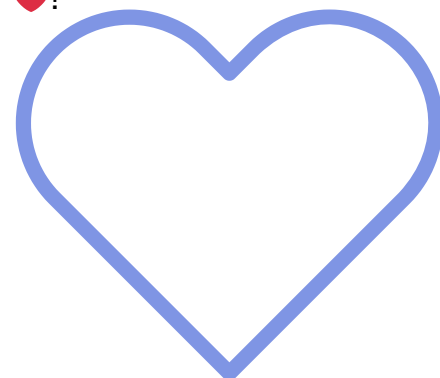
3. WRITE A FEELING SENTENCE

Can you finish this sentence?

I feel _____ because

4. COLOR YOUR MOOD

Choose a color to match your feeling. Then color this heart



Red = Angry



Green = Calm



Blue = Sad



Purple = Excited



Yellow = Happy



Gray = Bored



HOW I CALM DOWN

FEELINGS ARE MY SUPERPOWER WORKSHEET 2

How I Calm Down helps kids identify what they can do when they feel big emotions like anger, fear, or sadness.

1. Match the Calm-Down Tool

Take deep breaths

Count to ten

Get a drink of water

Ask for help



2. Draw Yourself Calming Down

In the big box, draw a picture of what you look like when you're trying to feel calm. Example: maybe you're sitting quietly, hugging your teddy, or taking a deep breath.

3. Pick Your Calm Spot

Circle one



My Room



Outside



Classroom

4. Draw Your Calm Spot (with color)

5. I can Say...

Fill in the blanks with kind, helpful words you can say to yourself:

I can _____.

It's okay. I'll be _____.



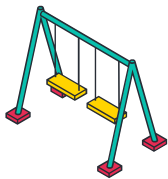
WHAT MAKES ME HAPPY

FEELINGS ARE MY SUPERPOWER WORKSHEET 3

1. Draw What Makes You Happy

In the box, draw some things that make you feel happy!

2. Circle The Happy Things



3. Finish the Sentence:

I feel happy when _____.

I feel sad when _____.

I feel angry when _____.

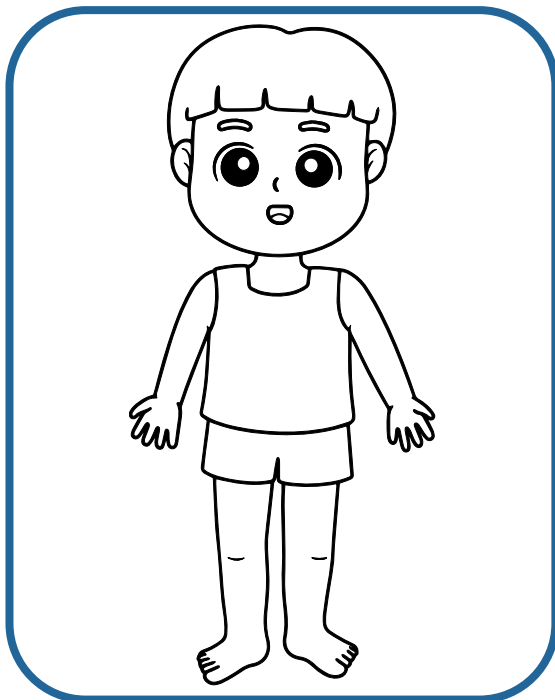


Feelings in My Body

FEELINGS ARE MY SUPERPOWER WORKSHEET 4

1. BODY MAP DRAWING

Color where you feel it!" (e.g., red in fists, butterflies in tummy)



2. MATCH THE FEELING

Match the Feeling to the Body Clue – e.g., "Tight fists → Angry"

Butterflies in my tummy



Happy

Smiling face



Anxious

Tight fist



Angry

Heart beating fast



Scared

3. CALM-DOWN TIP

When my body feels upset, I can...



My Superpower Plan

FEELINGS ARE MY SUPERPOWER WORKSHEET 5

1. DRAW YOURSELF USING SUPERPOWER

(e.g., calming down, helping a friend, talking about feelings)

2. MY FEELINGS SUPERPOWER IS...

My feelings Superpower

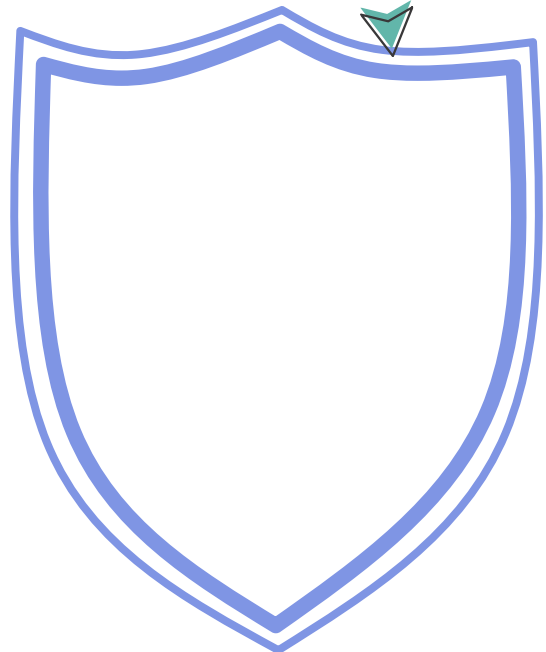
_____ because

3. I CAN USE IT WHEN...

Finish the sentence: "I can use my superpower when

_____."

write here





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Thank You For Reading

This Worksheet Pack is part of the Healthy Little Minds® collection—created to help children understand their emotions and build emotional strength.

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 <https://linktr.ee/healthylittleminds>

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  **Healthy Little Minds®**
Growing strong minds one feeling at a time.