










Read Together 20
Minutes Every Day™

Weekly Feelings Chart

Use this Weekly Feelings Chart with your child to talk with them about their feelings and emotions. Have your child draw a checkmark, heart, or star in each box corresponding to their feeling. Then, take time to reflect with your child about why they feel a particular way.

		MON	TUES	WED	THUR	FRI	SAT	SUN
Peaceful 								
Sad 								
Happy 								
Angry 								
Surprised 								
Embarrassed 								
Scared 								
Excited 								
Frustrated 								
Confident 								



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25 Taking Responsibility
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