



My Feelings Visual Guide for Children

This guide gently explores how feelings show up in our bodies, how energy shifts help us notice what's going on inside, and the ways gentle clues can help us understand what we need — with soft reassurance, calm visuals, and caring support.

With pastel colours, friendly characters, and clear language, each panel supports emotional regulation, sensory understanding, and relational trust.

If feelings feel big, wobbly, or a little uncertain sometimes, this guide is here to help things feel more manageable — **one calm feeling at a time.**

Questions You Might Have

What does “inside my feelings” mean?

It means noticing the small clues our bodies give us — like energy rising, dipping, or wobbling — and understanding that each clue helps us know what we might need.

How can children notice their feelings?

They can pay attention to gentle signals: warm cheeks, tight tummies, fast feet, slow thoughts, or a need for space. Noticing is enough. There's no pressure to name anything.

Do all feelings have needs?

Yes. Every feeling holds a need — comfort, support, rest, movement, or connection — waiting to be noticed gently.

What's Inside My Feelings



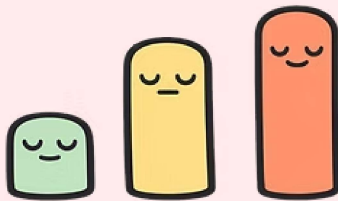
A sensory safe guide to noticing feelings and understanding them.

Body Clues



Feelings often start as tiny clues that help us notice what's going on inside.

Energy Changes



Feelings change our energy and give gentle clues about what's inside.

Thoughts Appearing



Feelings can bring thoughts that help us make sense of what's happening.

Needs Showing Up



Each feeling carries a need, like a hug, a drink, or rest - waiting to be noticed.

Ways to Feel Safe



Small steps like breathing, moving, or talking—can help feelings settle.