



## **Feeling Faces: Happy, Sad, Angry, Scared**

**You have to name it in order to tame it! Use these letter-sized printouts to help children identify their emotions.**

Dr. Bailey designed these four core images based on extensive research about facial expressions and emotional recognition. Helpful for use with the songs on the Listen to Your Feelings music CD, with the Five-Step Self-Regulation process discussed in Managing Emotional Mayhem, the I Am: Feeling Smock and the I Choose Self-Control Board.

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