

Feelings and Emotions Matching Binder



19 PAGES

26 CUT-APART CARDS

2 BOARDS

COLOR + INK-SAVER



What Is Inside, and Where

Two sections: the feelings faces board and the feelings check-in and word-match board, plus the pages that track it, share it and send it home. Start on page 4.

Before you begin

PAGE 4



**Start Here —
Three Steps**
START HERE

4

01 Feelings Faces

PAGES 6–7



**Feelings Faces
Board and Cards
(Color)**
BOARD

6



**Feelings Faces
Board and Cards
(Ink-Saver)**
BOARD

7

02 Feelings Check-In and Word Match

PAGES 9–10



**Feelings Check-In
and Word Match
Board and Cards
(Color)**
BOARD

9



**Feelings Check-In
and Word Match
Board and Cards
(Ink-Saver)**
BOARD

10

03 Track, Share and Take Home

PAGES 12–18



**Weekly Feelings
Vocabulary
Tracker**
TRACKER

12



**Binder Cover,
Spine and Tabs**
ORGANIZER

13



**Feelings Words at
Home**
HOME

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**Family Update and
Team Hand-Off**
NOTES

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Phrase Bank
REFERENCE

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Filled Example
EXAMPLE

17



**Answer Key and
Word List**
REFERENCE

18

TWO SETS, ONE BINDER

Both boards come twice: full color for a laminated binder, black-and-white line art for a photocopier or a copy that goes home. Same boards, same 16 picture cards and 10 word cards; only the picture set differs.

VOCABULARY, NOT A SCREENING

Naming and matching practice with a tracker attached. It counts which boards were done and what help was given, and nothing else; it does not screen, score or interpret a child's feelings.



START HERE

Start Here — Three Steps

Ninety seconds of reading. The boards need scissors, page protectors and a strip of hook-and-loop dots.



1

Print and build the binder

Print the two boards from the color set (pages 6 and 9) on cardstock, or the ink-saver set (pages 7 and 10) on plain paper. Cut the card band off the bottom of each board page; the board stays whole.

Page protectors, hook-and-loop dots on the slots, and the cover, spine and tabs from page 13.



2

Run the boards

Open to the feelings faces board: “I feel,” “You look,” “My friend feels,” then the feelings faces match. Turn to the check-in board: “Today I feel,” “Right now I feel,” “At the end of the day I felt,” then match each word card to its face.

Say the same short line each time (page 16). The answer key (page 18) lists every board and its cards.



3

Record, share, send home

One letter per job on the tracker (page 12) — N, P, S or a dash — the same day.

Copy the week’s counts onto the family update (page 15). Send the home page (page 14) home the week the binder is new.

WHAT THIS FILE IS

A fillable PDF with two feeling-word matching boards and their cut-apart cards built in, and the tracking pages behind them. It works offline, with no account or subscription, and prints the same on every machine.

WHAT THIS FILE IS NOT

It is not an editable online slideshow or word-processor document, and it is not a screening or assessment tool. It does not say what a facial expression means for a particular child, and it carries no coping-strategy or self-regulation content — it teaches ten feeling words the same way a food or clothing binder teaches its own words.

THE RULE EVERY PAGE IN THIS FILE FOLLOWS

Nothing here decides what a count means for a student, when a board is done with, or what a goal should say. Every one of those is a blank you fill from your own team’s plan and your district’s wording.

IF SOMETHING DOES NOT WORK

A field will not hold my typing. Open the file in Adobe Acrobat Reader (free) or Preview, not a browser tab.

A picture reads as a different word to my student. Pull that card and its grid cell and run the board with the rest; the **Ask a Question** tab on the product page reaches me, and a fix is a free update.

CONFIDENTIALITY, AND WHERE THIS FILE LIVES

A filled-in tracker, family update or example-style note is a student record: initials only on anything that leaves your hands, first name only on the home page. The boards live in the binder; the tracker stays in the student’s folder so the week’s counts are the first thing anyone finds.

BOARD

Feelings Faces Board and Cards (Color)

Put each card where it matches. This is the color set; the same board and cards are on page 7 in the ink-saver set.

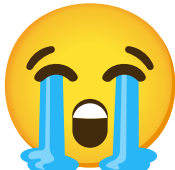
I feel

You look

My friend feels

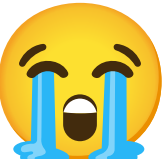
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FEELINGS FACES • MATCH THE SAME PICTURE

 happy	 calm	 sad	 crying	 angry
 scared	 tired	 sick	 surprised	 confused

CUT HERE • THE BOARD ABOVE STAYS WHOLE • THE CARDS BELOW CUT APART

FEELING FACE CARDS • 10

 happy	 calm	 sad	 crying	 angry
 scared	 tired	 sick	 surprised	 confused

BOARD

Feelings Check-In and Word Match Board and Cards

(Color)

Match the word to its face, or check in with a card. This is the color set; the same board and cards are on page 10 in the ink-saver set.

Today I feel

Right now I feel

At the end of the day I felt

MATCH THE WORD TO THE FACE



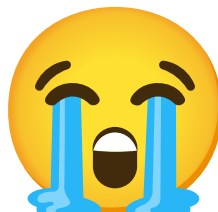
happy



calm



sad



crying



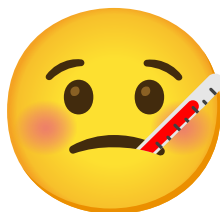
angry



scared



tired



sick



surprised



confused

CUT HERE • THE BOARD ABOVE STAYS WHOLE • THE CARDS BELOW CUT APART

FEELING WORD CARDS • 10

happy

calm

sad

crying

angry

scared

tired

sick

surprised

confused

BOARD

Feelings Check-In and Word Match Board and Cards (Ink-Saver)

Match the word to its face, or check in with a card. This is the ink-saver set; the same board and cards are on page 9 in the color set.

Today I feel

Right now I feel

At the end of the day I felt

--	--	--

MATCH THE WORD TO THE FACE

 happy	 calm	 sad	 crying	 angry
 scared	 tired	 sick	 surprised	 confused

CUT HERE • THE BOARD ABOVE STAYS WHOLE • THE CARDS BELOW CUT APART

FEELING WORD CARDS • 10

happy	calm	sad	crying	angry
scared	tired	sick	surprised	confused



TRACKER

Weekly Feelings Vocabulary Tracker

One row per board job, one letter per day. The eight rows are the slots and picture grids on the two boards in this binder.

STUDENT

WEEK OF

ADULT RUNNING THE BINDER

#	BOARD JOB	PAGE	MON	TUE	WED	THU	FRI	NO HELP (OF DAYS RUN)
1	I feel	6						
2	You look	6						
3	My friend feels	6						
4	Feelings faces match	6						
5	Today I feel	9						
6	Right now I feel	9						
7	At the end of the day I felt	9						
8	Match the word to the face	9						

WEEK TOTAL: N CELLS

WEEK TOTAL: DAYS RUN

NEXT WEEK, START WITH

THE CODE, ONE LETTER PER CELL

N no help · **P** pointed once · **S** said the words · — not run today. Write what you actually did, the same letter for the same help every day. The last column counts the N cells in the row against the days that job was run — a job not run is not a miss.

READING A WEEK

Add the last column down for the week's total, and copy it onto the family update (page 15). The filled example (page 17) shows one week of this table with every total re-counted from its own row. This page counts help given naming and matching a feeling word; what a count means for a student is your team's call.



EXAMPLE

Filled Example

SAMPLE · INVENTED STUDENT

Every number in the read-out is re-counted straight from the table above.

Priya is invented, and so is every letter on this page. One week of the tracker (page 12), the week of a Tuesday in fall, filled in by the adult who ran the binder each day.

#	BOARD JOB	PAGE	MON	TUE	WED	THU	FRI	NO HELP (OF DAYS RUN)
1	I feel	6	N	N	N	N	N	5 of 5
2	You look	6	N	N	N	N	N	5 of 5
3	My friend feels	6	P	N	N	N	N	4 of 5
4	Feelings faces match	6	S	S	P	P	N	1 of 5
5	Today I feel	9	N	P	N	N	N	4 of 5
6	Right now I feel	9	S	S	S	P	P	0 of 5
7	At the end of the day I felt	9	N	N	P	N	N	4 of 5
8	Match the word to the face	9	–	–	N	N	N	3 of 3

READING THE NUMBERS

Week total: **26 N cells of 38 days run** (68 percent with no help), counted straight down the last column. 2 jobs ran all five days with no help: I feel, You look. 1 job never got an N this week: Right now I feel. Help given was P on 7 cells and S on 5.

A LINE THIS SHEET COULD WRITE

“Week of a Tuesday in fall: Priya completed 26 of 38 board jobs with no help. Jobs done without help every day: I feel, You look. Jobs still needing help every day: Right now I feel. Not run: Match the word to the face (2 days).”

WHY THE LAST COLUMN SAYS “OF DAYS RUN”

Jobs run per day this week, Monday to Friday: 7, 7, 8, 8, 8. A dash is a job that was not run that day — a short day, an absence, a board not printed yet — and it is never counted as a miss. Every job’s column reads N cells against its own days run.

WHAT THIS EXAMPLE IS NOT

One invented child’s five days naming and matching feeling words on paper. It does not say what any picture meant for that child, does not say how quickly a real student moves from S to P to N, and sets no typical week for this binder — it exists only to show how the tracker, the family update and the phrase bank read once real letters are on them.

THE LETTERS, FILLED IN

Every letter is what the adult did, in the same short code each day — N, P, S — and a dash where a job was not run. None of them is a label for Priya and none says what Priya was actually feeling — only whether the printed word or picture was named or matched with help. A row that reads N across all five days is what independent naming and matching looks like on paper; a row that reads S every day is the row the team would look at first, and the family update (page 15) is where those two lists get written down.