



**YOUTUBE  
FREEBIE**

# Sensory Emotions Chart

The way we process sensory input affects our mood.  
Use this chart to help identify a person's feelings throughout the day!

## I am feeling...

1	A simple line drawing of a smiling face with closed, curved eyes and a wide, upward-curving mouth.	<b>CALM / HAPPY</b>
2	A simple line drawing of a smiling face with spiral eyes and a wide, upward-curving mouth.	<b>EXCITED / SILLY</b>
3	A simple line drawing of a smiling face with gears visible in the upper left corner of the head and a wide, upward-curving mouth.	<b>DISTRACTED</b>
4	A simple line drawing of a face with a hand covering the mouth and a neutral, slightly downturned mouth.	<b>BORED / TIRED</b>
5	A simple line drawing of a face with wide, circular eyes and an open, triangular mouth.	<b>WORRIED / SCARED</b>
6	A simple line drawing of an angry face with furrowed brows and a downturned mouth.	<b>FRUSTRATED / MAD</b>

# BONUS!

## 1 UNDERSTANDING EMOTIONAL INTELLIGENCE

All Things Sensory Podcast Episode 220

[https://harkla.co/blogs/podcast/220-understanding-emotional-intelligence-and-the-connection-to-the-sensory-system?\\_pos=2&\\_sid=8630402c6&\\_ss=r](https://harkla.co/blogs/podcast/220-understanding-emotional-intelligence-and-the-connection-to-the-sensory-system?_pos=2&_sid=8630402c6&_ss=r)

## 2 FOSTERING EMOTIONAL INTELLIGENCE

Harkla Blog Post

[https://harkla.co/blogs/special-needs/emotional-intelligence?\\_pos=3&\\_sid=8630402c6&\\_ss=r](https://harkla.co/blogs/special-needs/emotional-intelligence?_pos=3&_sid=8630402c6&_ss=r)

## 3 THE ZONES OF REGULATION

All Things Sensory Podcast Episode 99

[https://harkla.co/blogs/podcast/99-learning-more-about-the-zones-of-regulation?\\_pos=1&\\_sid=039ffce17&\\_ss=r](https://harkla.co/blogs/podcast/99-learning-more-about-the-zones-of-regulation?_pos=1&_sid=039ffce17&_ss=r)

# Want more help?!

## [CHECK OUT OUR SENSORY DIET DIGITAL COURSE!](#)

- Why Sensory Diets are essential for sensory kiddos
- How to evaluate your child's specific sensory needs
- How to create & customize a Sensory Diet for your child
- Sensory Diet examples, ideas, and templates

<https://harkla.co/products/sensory-diet-course>