



FEELINGS COMMUNICATION

♥ I can use my words to share how I feel! ♥



HOW TO USE:

Point to or say the words to tell someone how you feel.



1. HOW AM I FEELING?



Happy



Sad



Angry



Excited



Worried



Scared



Tired



Calm



Loved



Sick

2. WHAT HAPPENED?



I got hurt



Someone was mean



Too much noise



It's a bad day



I didn't get what I wanted



I don't know

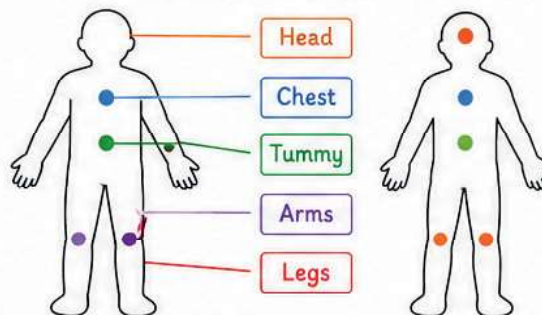


I have to wait



Something else

3. WHERE DO I FEEL IT?



Point to show where you feel it.

4. WHAT CAN HELP ME?



Take deep breaths



Quiet space



Hug



Listen to music



Drink water



Squeeze something



Talk to someone



Take a break

5. I CAN SAY...



I need help



I'm okay



I'm not okay

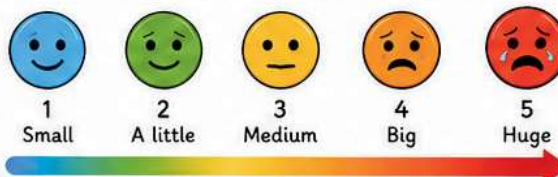


I need something



I don't know

6. HOW BIG IS MY FEELING?



7. WHAT I NEED RIGHT NOW



You are amazing!



Feelings are okay.



You are important!



It's good to talk about how we feel.



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HOW AM I FEELING?

It's ok to have all feelings. I can choose how I respond! ❤️

I can name my feelings so I can have a great day at school! ❤️



HOW AM I FEELING RIGHT NOW?

Point to or circle the feeling that matches how you feel.



Happy



Excited



Calm



Proud



Silly



Sad



Frustrated



Worried



Tired



Scared



Angry



Overwhelmed



Surprised



Nervous



Disappointed

TOOLS THAT CAN HELP

When I have big feelings, I can try these:



Take deep breaths



Count to 10 slowly



Listen to calm music



Squeeze or use a fidget



Get a drink of water



Take a break



Stretch my body



Talk to someone

WHAT CAN I DO?

I can...



Use kind words



Ask for help



Take a break



Listen



Try my best



REMEMBER:

Feelings come and go.
It's ok to feel.
I am not alone. ❤️

DRAW IT!

Draw a picture of how you feel:



TODAY I WILL...

I will choose to:

- ♥ Be kind: _____
- ♥ Take care of myself: _____
- ♥ Try my best: _____
- ♥ Remember I am amazing: _____



NOTES



My feelings are important. I matter. I am enough. ❤️

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HOW ARE YOU FEELING?

★ Feelings are okay! We all have them. ★



Directions: Look at each picture.
Circle the feeling that matches how Logan might be feeling.

Happy



Happy Sad Angry

Sad



Happy Sad Angry

Mad / Angry



Happy Sad Angry

Tired



Happy Sad Angry

Excited



Happy Sad Angry

Scared



Happy Sad Angry

Worried



Happy Sad Angry

Calm



Happy Sad Angry

Loved



Happy Sad Angry

Sick



Happy Sad Angry

Great job!

It's okay to have different feelings.



You are doing amazing!



Keep up the fantastic work!



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FEELINGS JOURNAL

★ It's okay to feel. It's how we know! ★



DIRECTIONS:

Take a few minutes to think about how you are feeling. You can write or draw in your journal!

DATE: _____

1. HOW AM I FEELING TODAY?

Circle the feeling that best describes how you feel right now.



Happy



Sad



Angry



Excited



Tired



Worried



Scared



Calm



Loved



Sick

2. THIS IS WHAT I LOOK LIKE RIGHT NOW:

Draw a picture of how you look or how you feel.



3. WHAT HAPPENED TODAY?

What made you feel that way?

4. WHAT HELPED ME TODAY?

What helped you feel better?

5. A GOAL FOR TOMORROW

What is one thing you can do tomorrow to help yourself?



Great job!

You are amazing!



Keep up the fantastic work!



Feelings are important!



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WHAT WOULD YOU DO?

★ You have choices every day! ★

Directions: Read each situation.

★ Look at the choices. Which one would be the best thing to do?
Circle your choice.



1

Someone is sad on the playground.



Walk away.



Ask if they are okay.



Invite them to play.

2

You see trash on the ground.



Ignore it.



Think about what to do.



Pick it up and throw it away.

3

A friend wants a turn with your toy.



Say "No!"



Think about it.



Give them a turn.

4

You are feeling angry.



Yell or hit.



Take deep breaths.



Go to the calm down corner.

5

You have a job to do.



Play on the tablet.



Maybe later.



Do my job first!

6

You see someone who needs help.



Keep going.



Think about it.



Ask if they need help.

Great job!

You are amazing!



Choices you make can make a big difference!



Keep up the fantastic work!



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FRIENDSHIP

for Social Skills & Feelings

♥ I can be a good friend! ♥



How to Use:

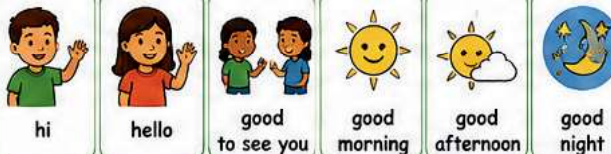
Point to the words or pictures to tell others how you feel, what you need, and how to be a good friend!



1. FEELINGS



2. GREETINGS



3. BE A GOOD FRIEND



4. I CAN SAY...



5. I FEEL...



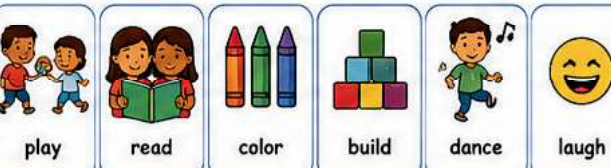
6. FRIENDSHIP PROBLEMS



7. LET'S SOLVE IT!



8. FUN THINGS TO DO TOGETHER



9. MORE WORDS



You're a star!

Good friends make each day better!



I can use my words to be a good friend!



I am proud of the choices I make!



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BEHAVIORAL SUPPORTS

I can use my words and tools

★ ♥ to make good choices! ♥



How to Use:

- Point to the words or pictures to tell others how you feel, what you need, or what can help.
- Use these tools to stay calm and make good choices.



1. HOW I FEEL



2. I NEED



3. WHAT CAN HELP ME?



4. WHEN I FEEL THIS WAY, I CAN...



5. GOOD CHOICES



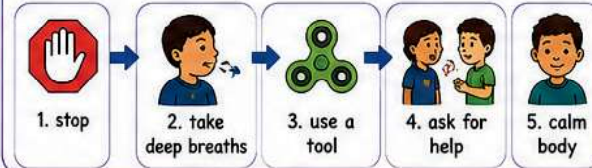
6. I CAN SAY...



7. NOT SAFE CHOICES



8. CALM DOWN STEPS



9. MY PLAN

When I feel _____, I will _____.

This can help me: _____



I can do hard things! ♥

I am proud of the choices I make! ♥



Every good choice helps me have a great day! ★

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CONVERSATIONS SUPPORT

I can use my words to connect
and have good conversations!



How to Use:

- Point to the words or pictures to tell others what you want to say.
- Use these words and tips to have kind and fun conversations!



1. GREETINGS



hi



hello



good to see you



how are you?



good morning

2. STARTING A CONVERSATION



can I talk?



I want to tell you something



did you know?



what's up?



I have a question

3. KEEPING THE CONVERSATION GOING



I agree



tell me more



what do you think?



hmm...



anything else?

4. RESPONDING



yes



no



wow!



that's cool!



I think...

5. NICE THINGS TO SAY



you're great!



I like that!



good job!



thank you!



that was awesome!

6. BODY LANGUAGE



look at the person



smile



listen



face them



be calm

7. WHEN I NEED HELP



I need help



I don't understand



can you repeat that?



wait please



I need a break

8. ENDING THE CONVERSATION



bye



see you later



it was nice talking to you!



take care!



have a good day!

9. CONVERSATION REMINDERS



take turns talking



be kind



no interrupting



include others



be a good friend

You're a star!

I can use my words to connect!



Kind words make friends happy!



Good conversations build strong friendships!



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