

The Tiny Turtle Feelings Pack

A Free Printable Pack from the Nana Turtle Feelings Series

Nana Turtle is here to help little turtles learn big wisdom.

Inside this free pack you will find:

- A Feelings Chart
- Emotion Flash Cards
- Coloring Pages
- Parent Tips
- Sneak Peek Pages from the Nana Turtle Feelings Series



Helping Little Turtles Understand Big Feelings

Created by
Tiny Turtle Learning

Helping children grow in confidence, kindness,
and emotional understanding

How Are You Feeling Today?

Point to the face that matches how you feel.



Happy

"I feel cheerful today."



Sad

"I need comfort."



Mad

"I need to calm down."



Worried

"I need reassurance."



Excited

"Something fun is happening."



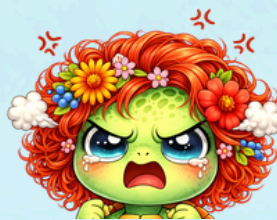
Scared

"I need to feel safe."



Calm

"I feel peaceful."



Frustrated

"Something is hard for me."



Silly

"I want to laugh."



Proud

"I did something good."



Lonely

"I need a friend."



Thankful

"I feel grateful."

Tiny Turtle Emotion Cards

Cut out the cards and use them to talk
about feelings together.



Happy Turtle

I feel happy when...



Sad Turtle

I feel sad when...



Mad Turtle

I feel mad when...



Worried Turtle

I feel worried when...



Excited Turtle

I feel excited when...



Scared Turtle

I feel scared when...



Calm Turtle

I feel calm when...



Frustrated Turtle

I feel frustrated when...



Silly Turtle

I feel silly when...



Proud Turtle

I feel proud when...



Lonely Turtle

I feel loney when...



Thankful Turtle

I feel thoughtful when...

Activity Ideas

Have children choose the card that matches how they feel.

Ask them to finish the sentence.

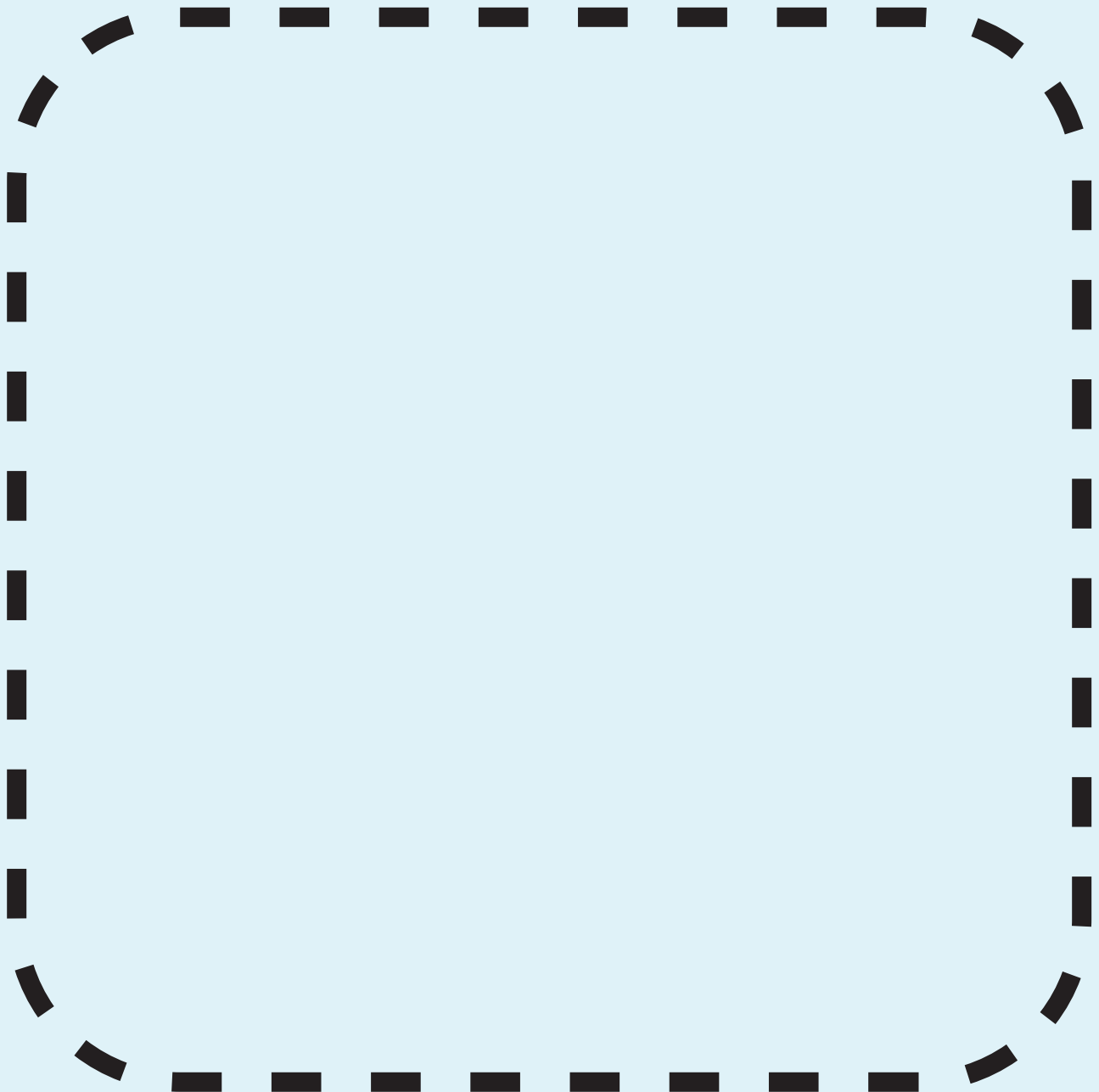
Use the cards at bedtime, circle time, or after difficult moments.

Keep them on a ring or in a feelings jar.



When I Feel Happy

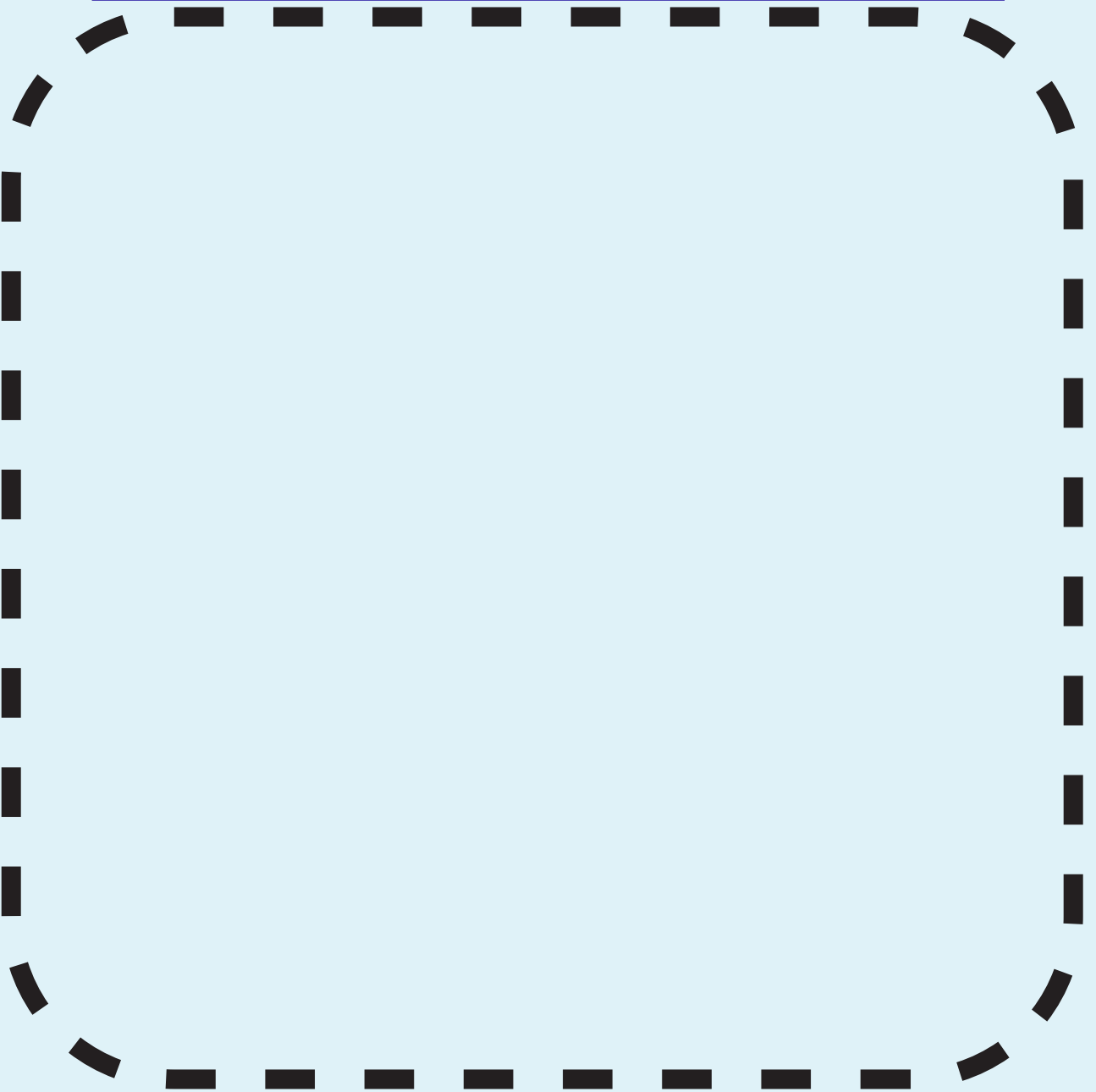
Draw or color something
that makes you happy.





When I Feel Sad

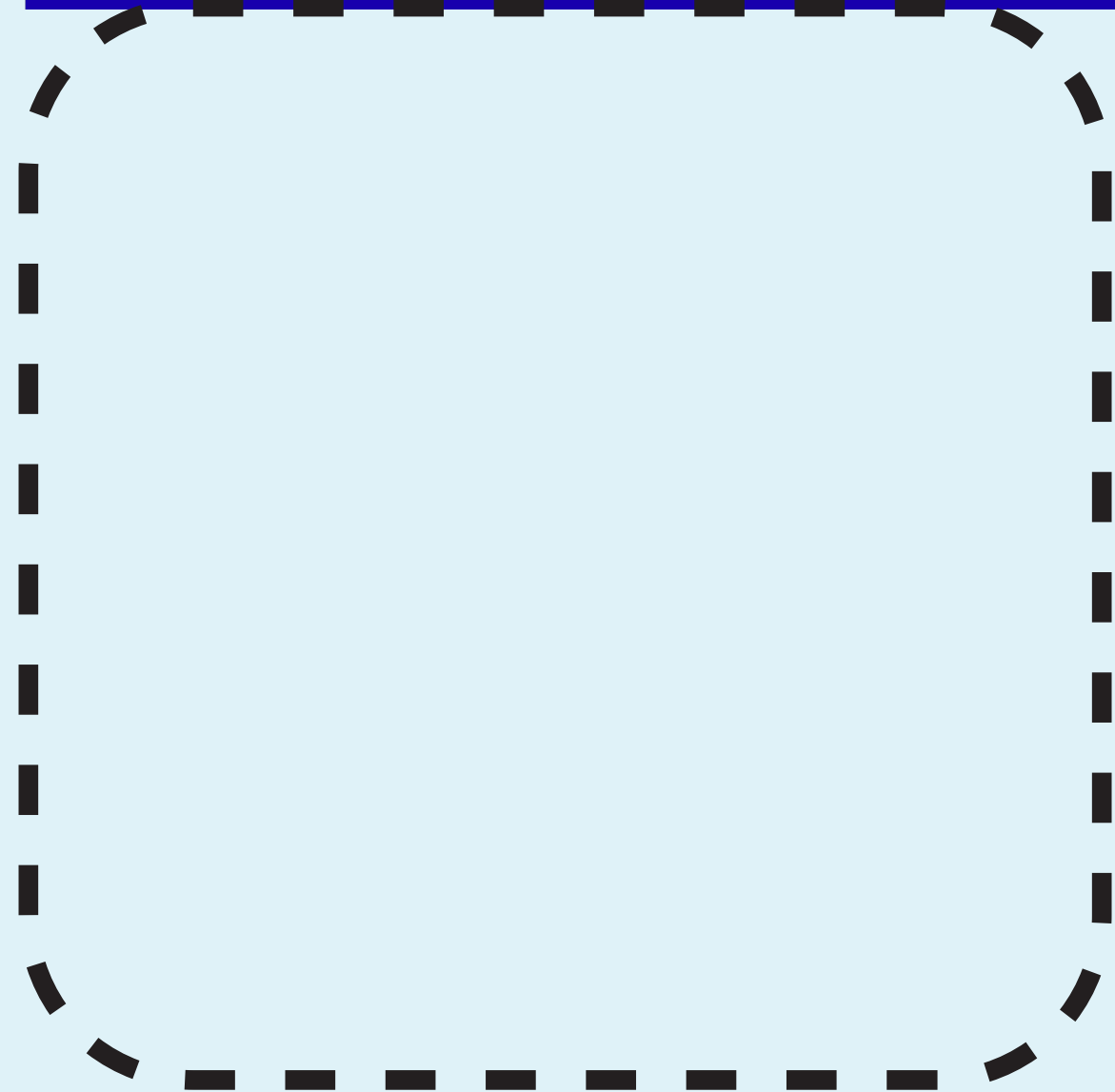
Draw or color someone
who comforts you.



When I Feel Scared

Draw or color a place

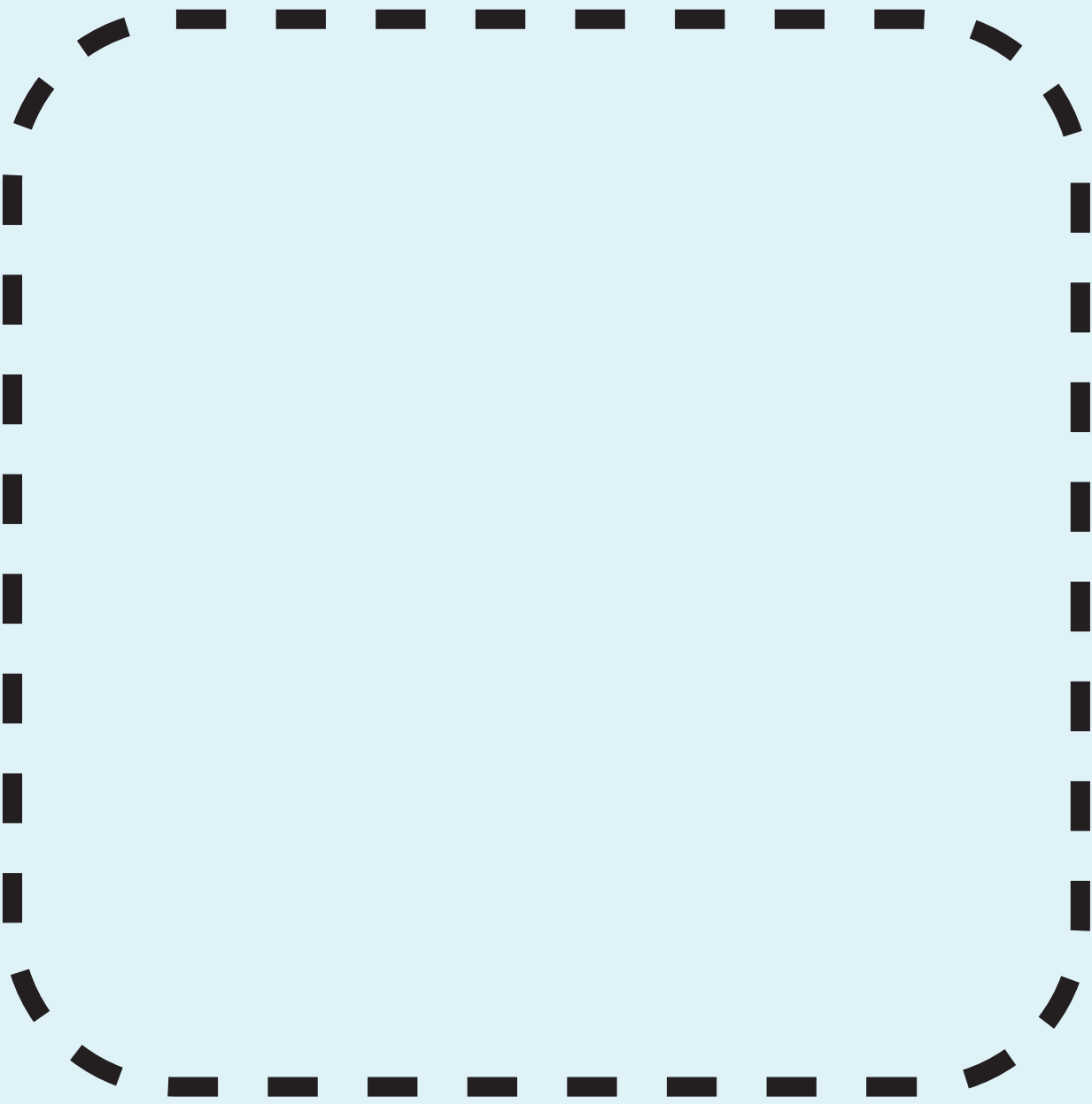
where you feel safe.





When I Feel Mad

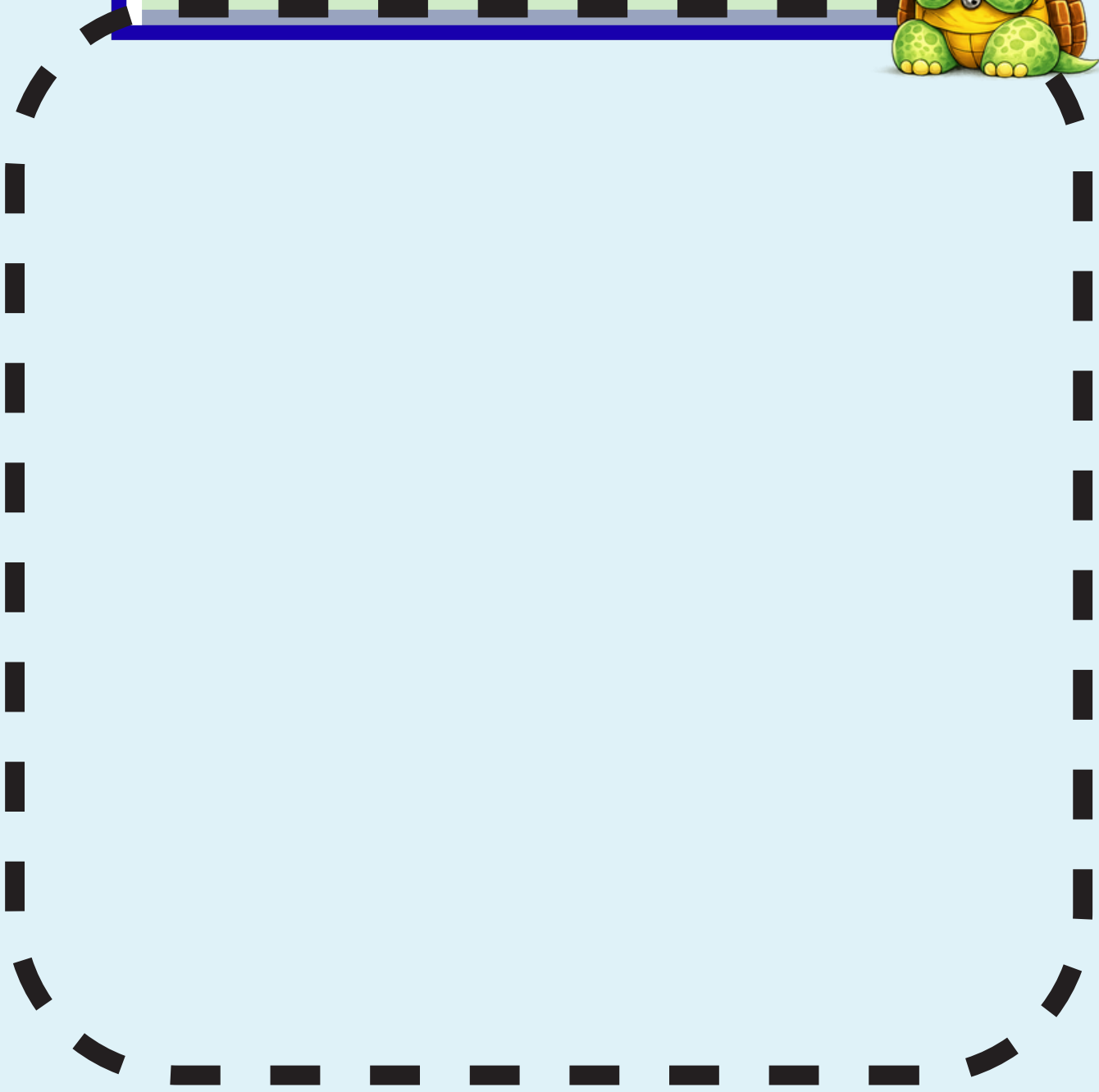
Draw or color what helps you calm down.





When I Feel Thankful

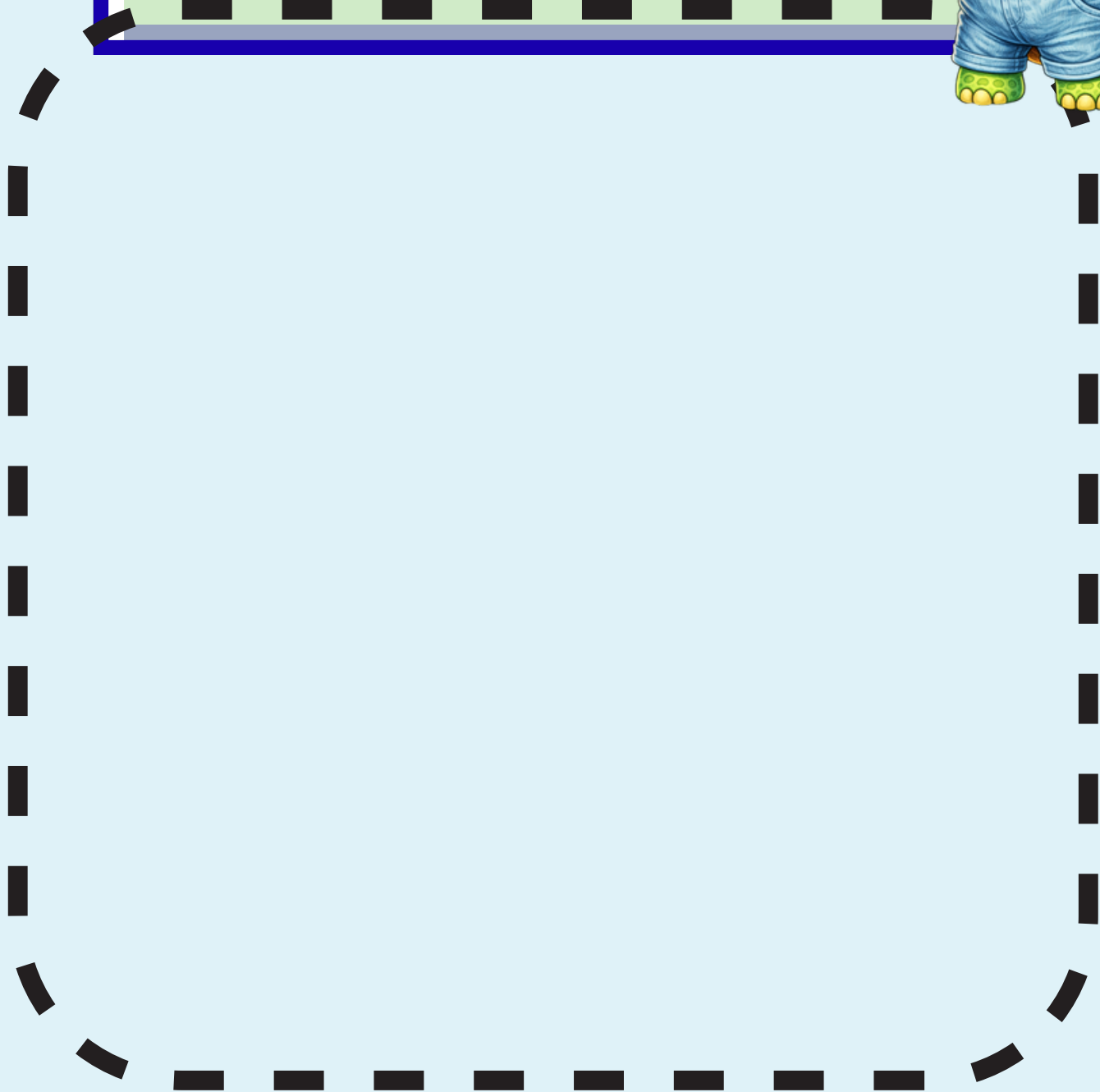
Draw or color something
you are thankful for.





When I Feel Proud

**Draw or color something
you did well.**





Nana Turtle's

Helping Little Turtles Understand Big Feelings

Parent Tips

1 Name the feeling.

Helping children say "I feel sad" or "I feel frustrated" gives them words for what they are experiencing.



I feel sad.

I feel frustrated.

I feel happy.

2 Let them know feelings are okay.

Children need to know that all feelings are normal, even the hard ones.



3 Stay calm during big emotions.

A calm adult helps a child feel safe and supported.



4 Use stories to talk about emotions.

Reading together helps children see that everyone has feelings.



5 Practice calming skills together.

Take deep breaths, hug, pray, count to ten, or sit quietly together.

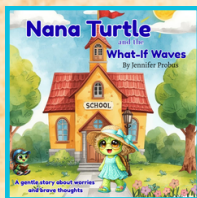
Little turtles can learn big wisdom when caring adults walk beside them.

6 Remind them they are loved.

Children need to hear that they are loved no matter what they feel.



Introducing the Nana Turtle Feelings Series



Nana Turtle Feelings Series

to help your child understand emotions
in a gentle, comforting way.

Perfect for:

- ✓ Bedtime reading
- ✓ Homeschool lessons
- ✓ Classroom story time
- ✓ Counseling offices
- ✓ Grandparents and caregivers



The Nana Turtle Feelings Series – Volume 1

Understanding Big Feelings

Join Nana Turtle and her lovable turtle friends as they help little hearts navigate big emotions through gentle stories, meaningful lessons, and loving guidance.

Nana Turtle and the Big Mad Feelings

When Timmy's sandcastle gets knocked over, his anger begins to take over. Nana Turtle teaches him that feeling angry is okay—but learning how to calm down and make wise choices matters.

Nana Turtle and the What-If Waves

Timmy's "what if..." thoughts start growing bigger and bigger. Nana helps him learn how to calm worries, focus on what is true, and not let anxious thoughts take over.

Nana Turtle and the Rainy Day Feelings

When disappointment and sadness fill Timmy's heart, Nana Turtle gently reminds him that sharing our feelings helps us heal—and even rainy days can bring rainbows.

Nana Turtle and the Scared Little Shell

Strange sounds and big fears make Timmy want to hide away. Nana teaches him that courage isn't about never being afraid—it's about taking small brave steps.

Nana Turtle and the Green-Eyed Jellyfish

When Timmy begins comparing himself to others, Nana helps him understand jealousy and discover the joy of celebrating others while appreciating his own gifts.

Nana Turtle and the Patient Little Turtle

Waiting feels hard when Timmy wants flowers to bloom right away. Nana teaches him that good things take time and patience helps beautiful things grow.

Inspired by a real-life Nana and written with love, these stories help children understand emotions in a safe, comforting way.



"Little turtles can learn big wisdom."

To Purchase the Nana Turtle Feeling Series

Go to
TinyTurtleLearning.com/books



TinyTurtle
Learning

TinyTurtleLearning.com



Slow, Steady & Slightly Caffeinated

FAITH ROOTED. HOME EDUCATION. REAL ENCOURAGEMENT. ♥



DRAMA FREE



PRODUCT FREE



JUDGMENT FREE

Just real mamas, real coffee, and real encouragement
for the beautiful hard holy work of teaching your littles at home.

Nana Turtle would have loved it here. 🐢 ♥

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homeschool mamas who believe slow and steady wins
every single time.**

**This is a drama free, product free, judgment free zone.
Just real mamas, real coffee, and real encouragement
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