



Emotion Cards



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Children & Teens

- These emotion cards describe ways you might think, feel or act when you experience a certain emotion.
- Everyone experiences emotions in their own way. You might think, feel or act in a similar or different way to what's on these cards. That's okay.
- Remember that emotions come and go. We might experience an emotion for a short or long time. Sometimes we might be happy and other times sad.
- There is no such thing as a 'bad' emotion - it is okay to experience any emotion!
- Sometimes we feel two or more emotions at the same time. This is when we might have "mixed feelings".

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Activity ideas for Basic Emotions

- My Emotions – ask children/students to choose one or multiple cards to acknowledge how they feel at the beginning or end (or both) of a day, class or activity.
- Guess the emotion: Choose a card, read or act out what's on the back, and ask someone to guess the emotion.
- Emotion storytelling: In a group, ask each person to choose an emotion card and tell a story about a time when they felt that way.
- Heads up: Get children to stick an emotion card on their forehead without seeing it. They have to ask questions to try and guess the emotion!

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Teachers & Parents

These emotion cards can be used as a learning experience for children and young people to discover the thoughts, feelings and behaviours associated with different emotions. They can also be used as a way to express an emotion, if a child is struggling to find the words. For example, you could ask a child 'Which face shows how you are feeling today?'

Younger children might not yet understand complex emotions. Older children might be ready to understand more complex emotions. They might also use other words for the basic emotions, like saying 'down' instead of 'sad'.

Visit AllPlay Learn to learn more about emotions and emotion regulation.

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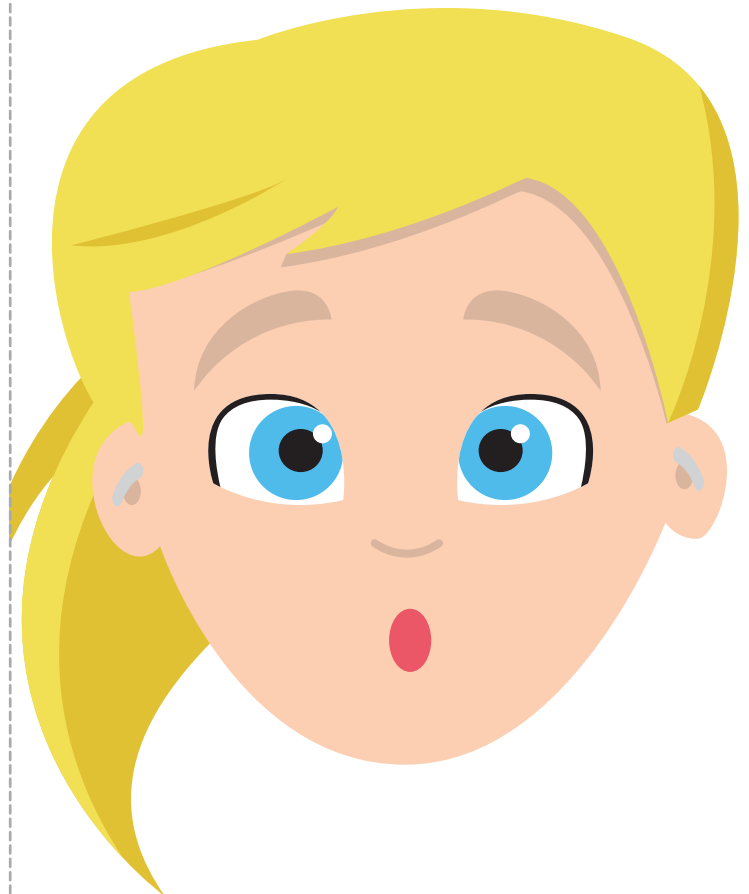
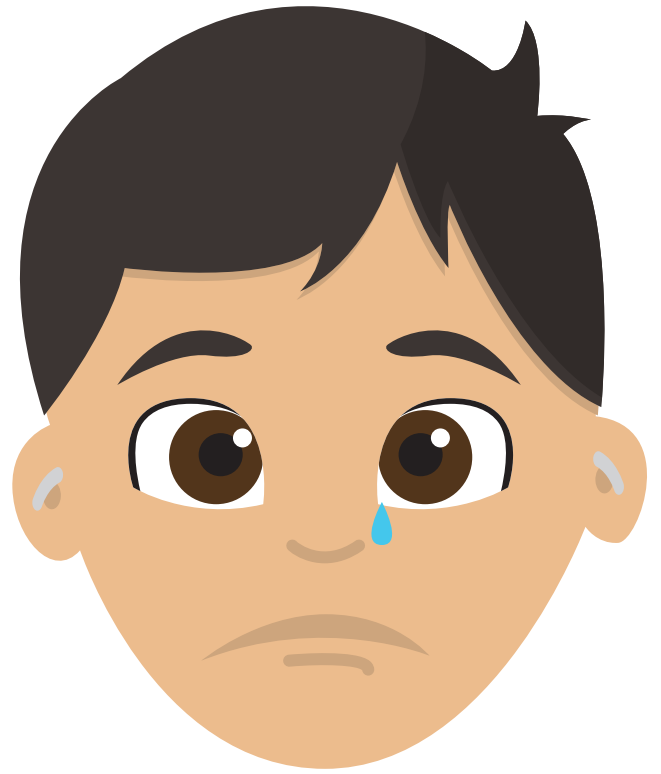
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Activity ideas for Complex Emotions

- My Emotions – ask students to choose one or multiple cards to acknowledge how they feel at the beginning or end (or both) of a day, class or activity.
- Emotion storytelling: In a group, ask each student to choose one or multiple emotion cards and tell a story about a time when they felt that way.
- Match emotions to scenarios: Think of scenarios (e.g. sitting a test) and ask students to match emotions to the scenario. Remind them it is okay to feel any emotion!
- Match the emotions to the person: Print images or show videos of real people expressing complex emotions. Ask students to match the emotions to the image/video. Time them to make it fun!

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Sad

What I might think:

"I feel like crying"
"I want to be alone"
"I'm miserable"
"Nothing is going right"

What my body might feel:

Numb
Heavy
Tired
Teary

What I might do:

Play alone
Cry
Look for comfort
Look downwards

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Happy

What I might think:

"I feel great!"
"I have a lot of energy!"
"I'm having a good day"

What my body might feel:

Alive
Bouncy
Warm

What I might do:

Smile and laugh
Play
Talk with friends
Help others

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Surprised

What I might think:

"Ah!"
"What's that?!"

What my body might feel:

Stiff
Alert
Fast heart beat

What I might do:

Laugh
Run away
Cry
Jump

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Angry

What I might think:

"I feel like I can't think"
"I feel grumpy"
"It's your fault!"

What my body might feel:

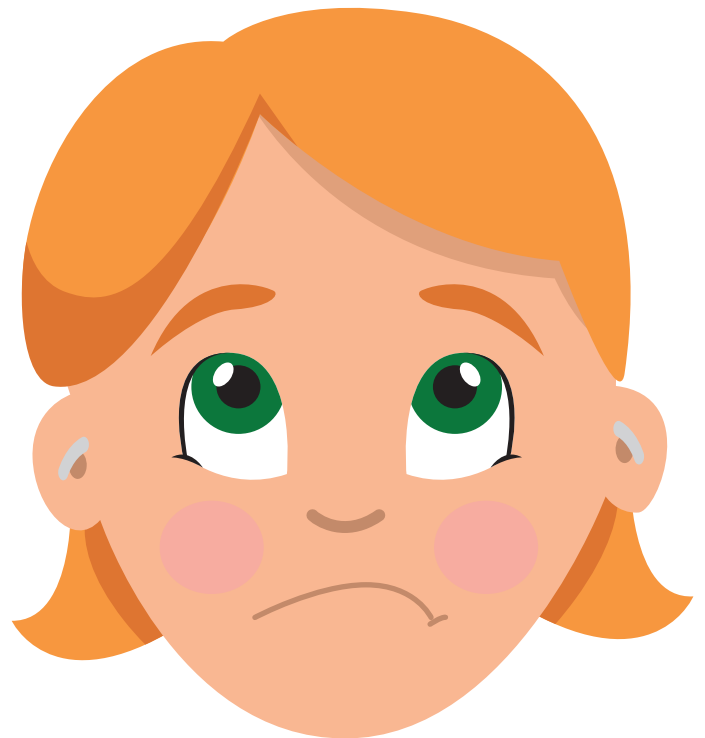
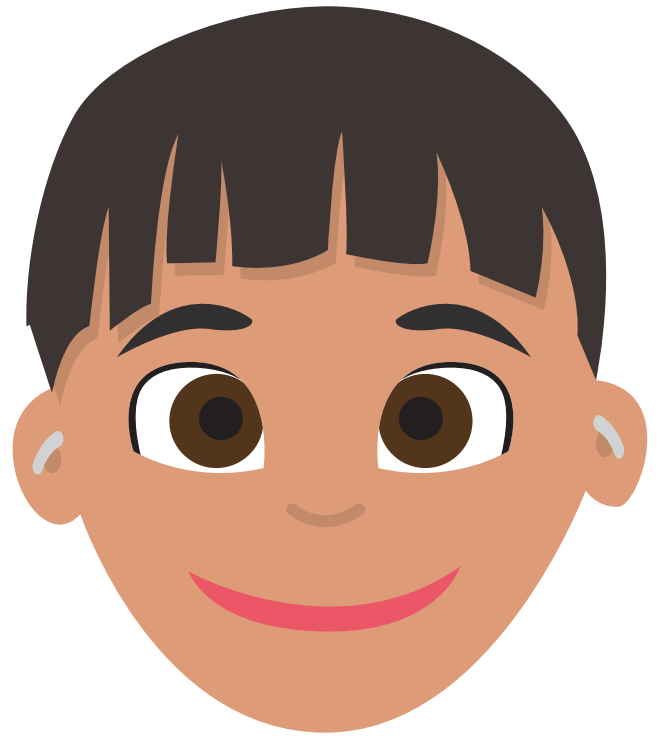
Hot
Fists clenched
Fast heart beat
Sweaty

What I might do:

Frown or scowl
Scream
Fight
Run away

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Calm

What I might think:

“Nothing is bothering me”
“I feel peaceful”
“I feel relaxed”

What my body might feel:

Still
Slow breathing
Sleepy
Warm or soft

What I might do:

Play quietly
Smile
Cooperate
Fall asleep

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Afraid

What I might think:

“I’m scared”
“I want to run away”
“I’m not okay”

What my body might feel:

Heart pounding
Tense
Trembling
Sick

What I might do:

Run away
Freeze/Don’t move
Cry
Kick, scream or push

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Guilty

What I might think:

“I shouldn’t have done that”
“It’s my fault”
“I feel bad for doing that”

What my body might feel:

Restless
Sick in tummy
Uncomfortable

What I might do:

Blame myself or others
Be alone or want to hide
Want to help

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Proud

What I might think:

“I did that well!”
“Great job!”

What my body might feel:

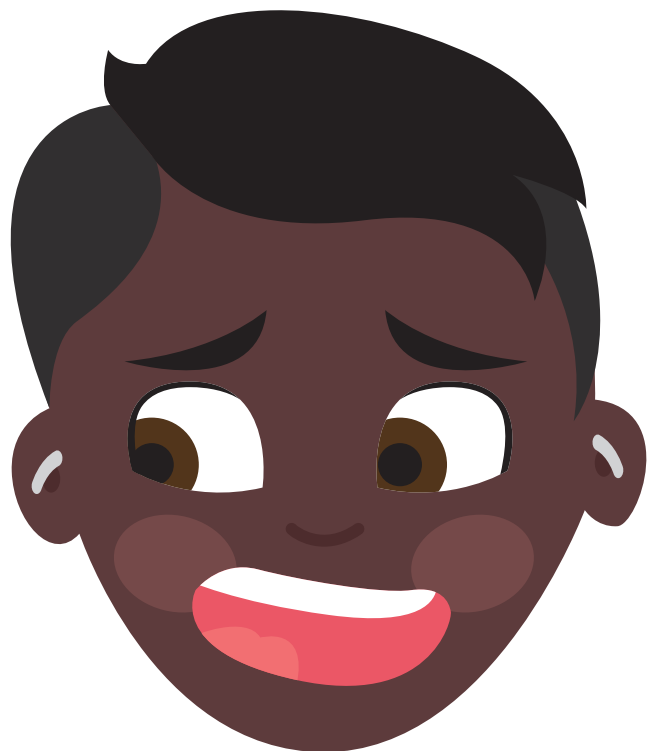
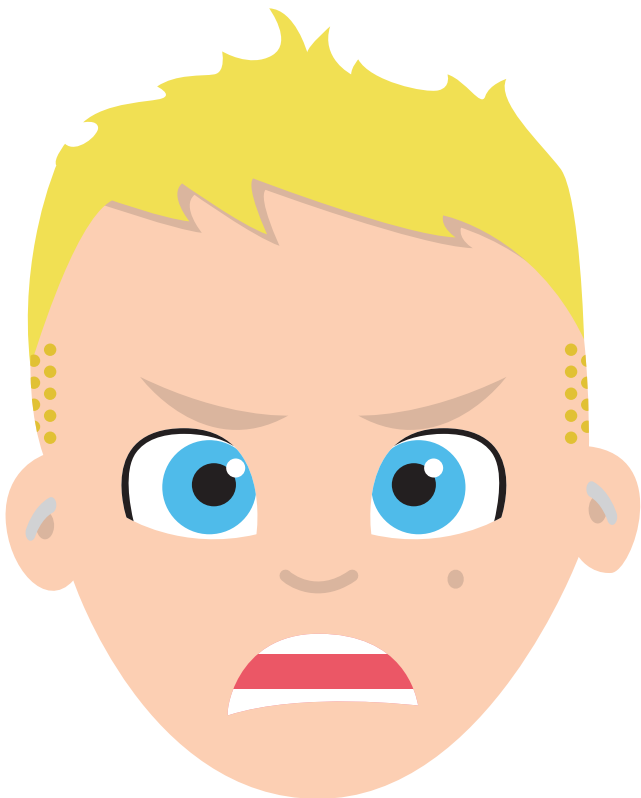
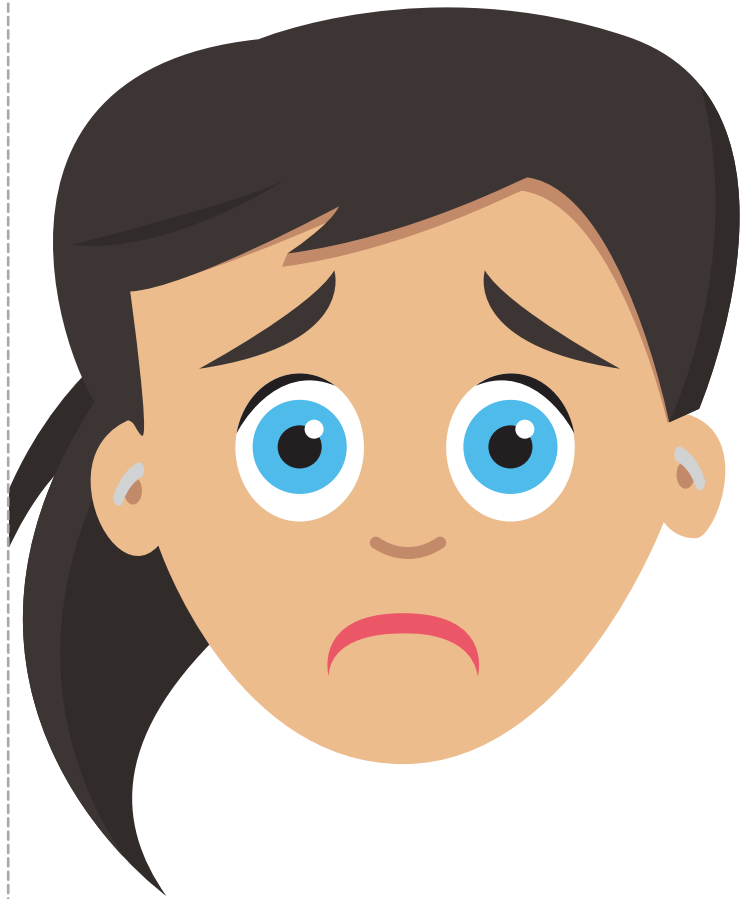
Bouncy
Energetic
Big

What I might do:

Puff chest
Look upwards
Beam

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Worried

What I might think:

"I don't want to do that"
"Something bad might happen"
"I'm not coping"

What my body might feel:

Tense
Heart racing
Sick
Restless

What I might do:

Look for a safe person or place
Avoid certain things
Cry

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Jealous

What I might think:

"What about me?"
"Why can't I do that?"
"It's not fair!"

What my body might feel:

Tense
Fists clenched
Hot face
Teary

What I might do:

Look for attention
Say or do something mean
Cross arms
Frown

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Embarrassed

What I might think:

"I want to hide"
"I'm silly"
"Everyone is looking at me"

What my body might feel:

Flushed face
Sweaty
Heavy
Fast heart beat

What I might do:

Run away and hide
Avoid eye contact
Look downwards
Become quiet

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Frustrated

What I might think:

"This is so annoying!"
"I'm starting to get angry"
"I hate this"

What my body might feel:

Tense
Hot
Sweaty palms
Restless

What I might do:

Yell with anger
Give up or walk away
Ruin your work on purpose

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