

EMOTIONS CARD GAME

These cards are a fun way to get older kids talking about emotions – their own and the emotions of those around them. Each card asks kids to describe what different emotions might look or sound like, giving them an opportunity to think beyond making a “mad” or “sad” face, allowing them to expand the way they think and talk about how they feel.



Download.



Print.



Cut.

1

Download these pages, print each page back-to-back, and cut out the cards. There are four cards on each page; pages one and two go together as front and back, and pages three and four go together as front and back. Each card has a different activity to practice with your kids.

2

Lay out all the cards with the activity side facing down. Have your kids point to a card; pick up that card and read it to your kids, giving them plenty of time to think about their actions and answers if they need it. Suggested answers and answers are listed on the cards, but let your kids be as creative and thoughtful as they want!



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CARD GAME**



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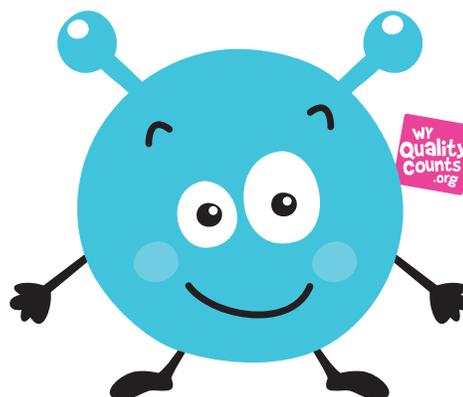


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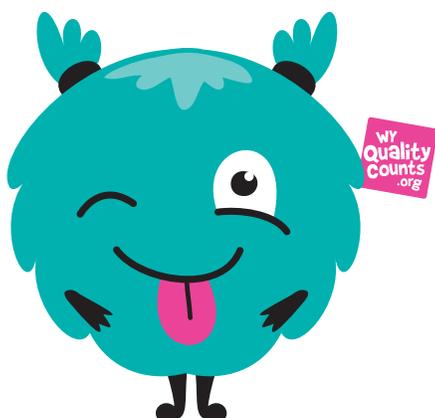
Show me how you let someone know you are listening to them. Use your body language.

- Eye contact
- Nodding



Tell me some supportive words or phrases that let me know I'm doing a good job.

- Great!
- Keep it up!
- I'm proud of you!



What are two ways you can show a friend you care about them?

- Give hugs
- High-five
- Tell them you've missed them.



If you're feeling upset, what can you do to calm down?

- Take a deep breath
- Stop and count to 10



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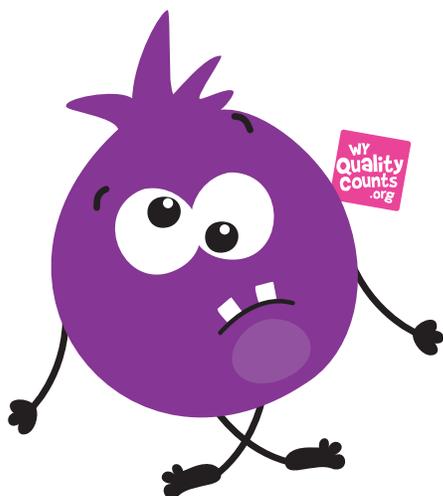
Describe what it feels like to try something for the first time.

- Nervous / Butterflies
- Excited



What makes you feel strong?

- Sports / Exercise
- Trying something new or different



**Have you ever felt embarrassed?
Tell me about it.**

- Follow up their story with one of your own. This shows it happens to everyone.



Tell me, what things do I do or say that make you feel loved?

- Listen carefully (and proudly) to these!