

# Emotion Cards

These cards are designed to help you discover the thoughts, feelings and behaviours that can happen with different emotions.

They could also be used to express an emotion, if you are struggling to find the words. Remember that everyone experiences emotions differently and that is okay! Emotions come and go, we might feel an emotion for a long time or a short time. There is no such thing as a 'bad emotion' - it is okay to experience any emotion!

Sometimes we may feel two or more emotions at the same time, this is called 'mixed feelings'. Some emotions can feel a bit uncomfortable so it is important to look after yourself and speak to a trusted adult!



# Activity Ideas for Emotion Cards

**Emotion Scenarios:** think of a scenario (example: playing with friends) and match the emotions to the scenario.

**Use the blank emotion cards to draw or stick your own faces for each emotion!**

**Guess the Emotion:** Play with friends or trusted adult. Take turns to make a face and see if others can guess which emotion!

**Emotion Storytelling:** Pick an emotion and then tell a short story about a time you felt like that.

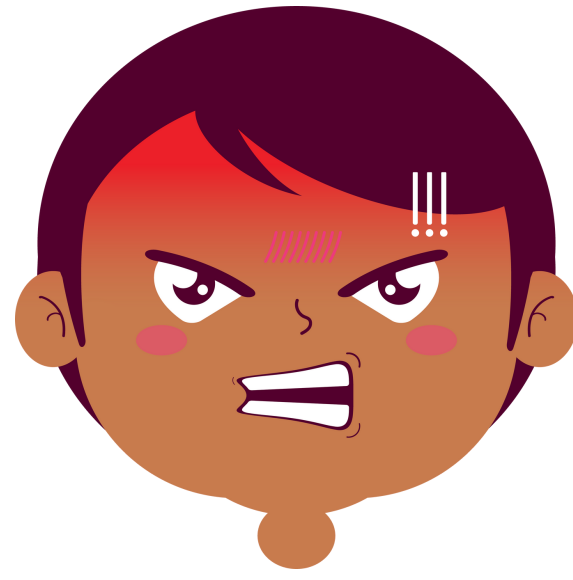
**Supporting Our Emotions:** Choose an emotion that can make you feel uncomfortable and talk about ways to help with this emotion.

**Use the emotion cards to describe how you are feeling before, during and after an activity!**

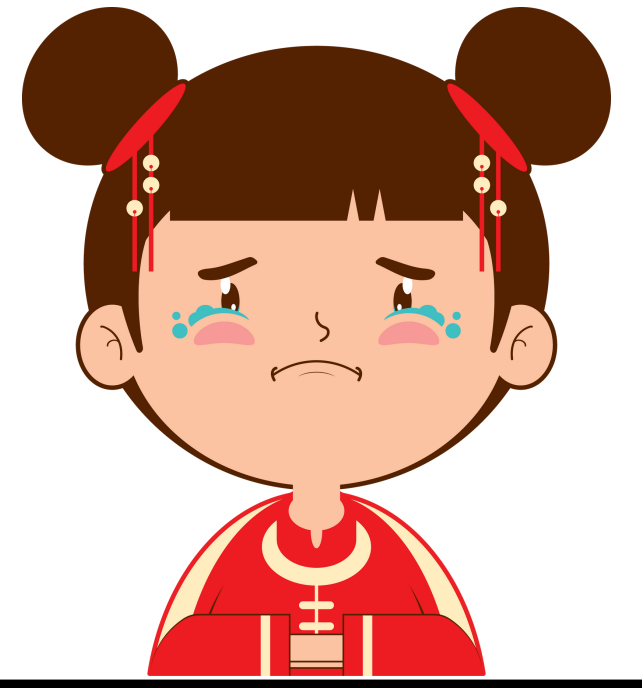
**Happy**



**Angry**



**Embarrassed**



**Calm**



**Excited**



**Annoyed**



**Proud**



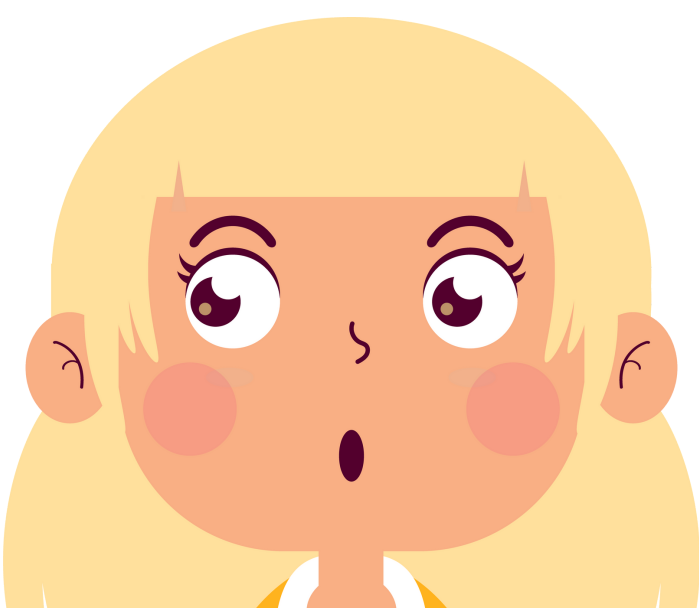
**Sad**



**Worried**



**Surprised**



**Jealous**



**Scared**



**Happy**

**Angry**

**Embarrassed**

**Calm**

**Excited**

**Annoyed**

**Proud**

**Sad**

**Worried**

**Surprised**

**Jealous**

**Scared**

# Happy

## **What I might think:**

Example: 'I am having a great day!'



## **What my body might feel:**

Example: Bouncy, energised, warm



## **What I might do:**

Example: Smile and laugh



# Angry

## What I might think:

Example: 'I am grumpy'



## What my body might feel:

Example: Hot, sweaty



## What I might do:

Example: Shout, fight



# Embarrassed

## What I might think:

Example: 'I'm silly'



## What my body might feel:

Example: Fast heart beat, red cheeks



## What I might do:

Example: Be quiet, hide



# Calm

## **What I might think:**

Example: 'I feel relaxed'



## **What my body might feel:**

Example: Slow breathing, warm, sleepy



## **What I might do:**

Example: Smile, fall asleep, play with others





# Excited

## What I might think:

Example: 'Something bad might happen'

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## What my body might feel:

Example: Sick, restless

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## What I might do:

Example: Avoid certain things, cry

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# Annoyed

## What I might think:

Example: 'I'm starting to get angry'



## What my body might feel:

Example: Sweaty palms, tense



## What I might do:

Example: Shout, give up



# Proud

## **What I might think:**

Example: 'I did that well'



## **What my body might feel:**

Example: Bouncy, big



## **What I might do:**

Example: Look upwards, share with others



# Sad

## **What I might think:**

Example: 'Nothing is going well'



## **What my body might feel:**

Example: Teary, tired, heavy



## **What I might do:**

Example: Be alone, cry, look for comfort



# Worried

## What I might think:

Example: 'Something bad might happen'

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## What my body might feel:

Example: Sick, heart racing

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## What I might do:

Example: Avoid certain things, look for safe person

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# Surprised

## What I might think:

Example: 'What's that!?'  
  


## What my body might feel:

Example: Alert, shocked  
  


## What I might do:

Example: Jump, laugh, run away, cry  
  


# Jealous

## **What I might think:**

Example: 'Why can't I do that'

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## **What my body might feel:**

Example: Tense, teary

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## **What I might do:**

Example: Say something mean, frown

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# Scared

## **What I might think:**

Example: 'I want to run away'



## **What my body might feel:**

Example: Shakey, heart pounding



## **What I might do:**

Example: Run away, cry, kick, push

