

## Emotion Cards



## Instructions

These emotion cards can be used in a lot of different ways to teach emotion recognition, which is the foundation of emotion regulation. Make it a game that is fun. There are no right or wrong answers! Ask questions, get curious, role play, and share your own emotions. Some recommended prompts appear on each card to get you started. You don't have to ask all of the questions each time. Pick one or two and mix it up to keep it fresh.

## Key Messages:

"All Emotions are Okay."

"Everyone Feels This Way Sometimes."

"We Can Learn Ways to Feel and Do Better."

### Question Prompts

On each card you will find some recommended prompts, here are some suggestions for what to do with these prompts.

- **Show me what you look like when you feel \_\_\_\_?**
  - Role play facial expressions and body language. Take turns making faces/gestures.
- **Where in your body do you feel \_\_\_\_?**
  - Do they feel tension in their muscles? Funny feeling in their tummy? Hot or cold? Shaky? Heart beating fast? Share where you feel your emotions with them.
- **When was the last time you felt \_\_\_\_?**
  - Take turns sharing a time when you and they felt this way. What did you do in that situation? What went well? What could have gone better?
- **What are some things that make you feel \_\_\_\_?**
  - Share some situations that often bring up these feelings? What are some things you can do to prepare or make them easier?
- **What can you do when you feel \_\_\_\_?**



## Joy

Happy, playful, pleased, glad.

### Question Prompts:

- Show me what you look like when you feel \_\_\_\_?
- Where in your body do you feel \_\_\_\_?
- When was the last time you felt \_\_\_\_?
- What are some things that make you feel \_\_\_\_?
- What can you do when you feel \_\_\_\_?
- Who can you talk to when you feel \_\_\_\_?



## Happy

Joy, playful, pleased, glad

### Question Prompts:

- Show me what you look like when you feel \_\_\_\_?
- Where in your body do you feel \_\_\_\_?
- When was the last time you felt \_\_\_\_?
- What are some things that make you feel \_\_\_\_?
- What can you do when you feel \_\_\_\_?
- Who can you talk to when you feel \_\_\_\_?



## Happy

Silly, playful, fun, lighthearted.

### Question Prompts:

- Show me what you look like when you feel \_\_\_\_?
- Where in your body do you feel \_\_\_\_?
- When was the last time you felt \_\_\_\_?
- What are some things that make you feel \_\_\_\_?
- What can you do when you feel \_\_\_\_?
- Who can you talk to when you feel \_\_\_\_?



## Calm

Relaxed, peaceful, quiet.

### Question Prompts:

- Show me what you look like when you feel \_\_\_\_?
- Where in your body do you feel \_\_\_\_?
- When was the last time you felt \_\_\_\_?
- What are some things that make you feel \_\_\_\_?
- What can you do when you feel \_\_\_\_?
- Who can you talk to when you feel \_\_\_\_?



## Confident

Assured, happy, strong.

### Question Prompts:

- Show me what you look like when you feel \_\_\_\_?
- Where in your body do you feel \_\_\_\_?
- When was the last time you felt \_\_\_\_?
- What are some things that make you feel \_\_\_\_?
- What can you do when you feel \_\_\_\_?
- Who can you talk to when you feel \_\_\_\_?



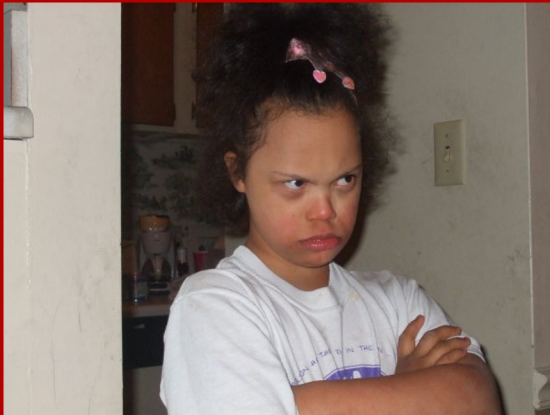
## Fear

Terrified, nervous, timid, scared.

### Question Prompts:

- Show me what you look like when you feel \_\_\_\_?
- Where in your body do you feel \_\_\_\_?
- When was the last time you felt \_\_\_\_?
- What are some things that make you feel \_\_\_\_?
- What can you do when you feel \_\_\_\_?
- Who can you talk to when you feel \_\_\_\_?





## Anger

Mad, frustrated, stressed, annoyed.

### Question Prompts:

- Show me what you look like when you feel \_\_\_\_?
- Where in your body do you feel \_\_\_\_?
- When was the last time you felt \_\_\_\_?
- What are some things that make you feel \_\_\_\_?
- What can you do when you feel \_\_\_\_?
- Who can you talk to when you feel \_\_\_\_?



## Anger

Mad, frustrated, stressed, annoyed.

### Question Prompts:

- Show me what you look like when you feel \_\_\_\_?
- Where in your body do you feel \_\_\_\_?
- When was the last time you felt \_\_\_\_?
- What are some things that make you feel \_\_\_\_?
- What can you do when you feel \_\_\_\_?
- Who can you talk to when you feel \_\_\_\_?



## Anger

Mad, frustrated, stressed, annoyed.

### Question Prompts:

- Show me what you look like when you feel \_\_\_\_?
- Where in your body do you feel \_\_\_\_?
- When was the last time you felt \_\_\_\_?
- What are some things that make you feel \_\_\_\_?
- What can you do when you feel \_\_\_\_?
- Who can you talk to when you feel \_\_\_\_?

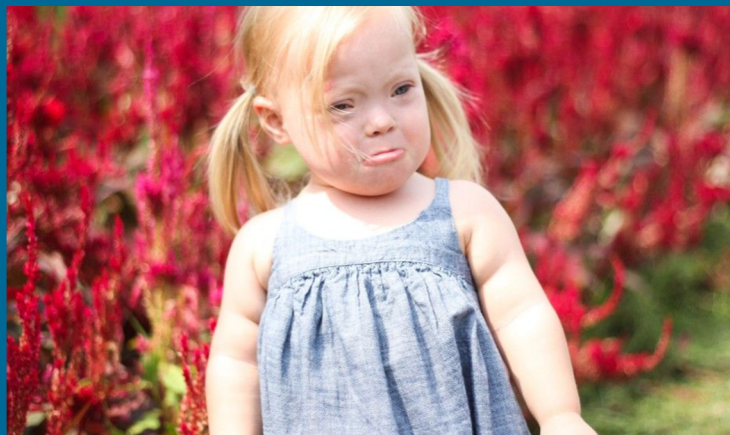


## Disgust

Ashamed, guilty, repelled, embarrassed.

### Question Prompts:

- Show me what you look like when you feel \_\_\_\_?
- Where in your body do you feel \_\_\_\_?
- When was the last time you felt \_\_\_\_?
- What are some things that make you feel \_\_\_\_?
- What can you do when you feel \_\_\_\_?
- Who can you talk to when you feel \_\_\_\_?

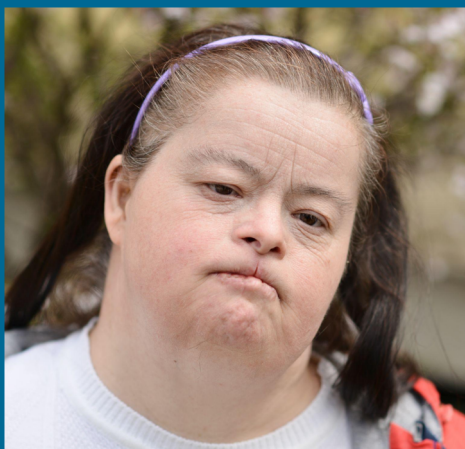


## Sad

Lonely, hurt, despair, shameful.

### Question Prompts:

- Show me what you look like when you feel \_\_\_\_?
- Where in your body do you feel \_\_\_\_?
- When was the last time you felt \_\_\_\_?
- What are some things that make you feel \_\_\_\_?
- What can you do when you feel \_\_\_\_?
- Who can you talk to when you feel \_\_\_\_?



## Sad

Lonely, hurt, despair, shameful.

### Question Prompts:

- Show me what you look like when you feel \_\_\_\_?
- Where in your body do you feel \_\_\_\_?
- When was the last time you felt \_\_\_\_?
- What are some things that make you feel \_\_\_\_?
- What can you do when you feel \_\_\_\_?
- Who can you talk to when you feel \_\_\_\_?



## Sad

Lonely, hurt, despair, shameful.

### Question Prompts:

- Show me what you look like when you feel \_\_\_\_?
- Where in your body do you feel \_\_\_\_?
- When was the last time you felt \_\_\_\_?
- What are some things that make you feel \_\_\_\_?
- What can you do when you feel \_\_\_\_?
- Who can you talk to when you feel \_\_\_\_?



## Confused

Amazed, stunned, surprised.

### Question Prompts:

- Show me what you look like when you feel \_\_\_\_?
- Where in your body do you feel \_\_\_\_?
- When was the last time you felt \_\_\_\_?
- What are some things that make you feel \_\_\_\_?
- What can you do when you feel \_\_\_\_?
- Who can you talk to when you feel \_\_\_\_?



## Surprise

Amazed, stunned, confused.

### Question Prompts:

- Show me what you look like when you feel \_\_\_\_?
- Where in your body do you feel \_\_\_\_?
- When was the last time you felt \_\_\_\_?
- What are some things that make you feel \_\_\_\_?
- What can you do when you feel \_\_\_\_?
- Who can you talk to when you feel \_\_\_\_?



## Photo credit

Pixabay  
Alamy  
Wordpress  
CNN  
Freepik  
Pexels (Cliff Booth, Daria, Kampus Production, Mart Production,  
Nicola Barts)  
AdobeStock