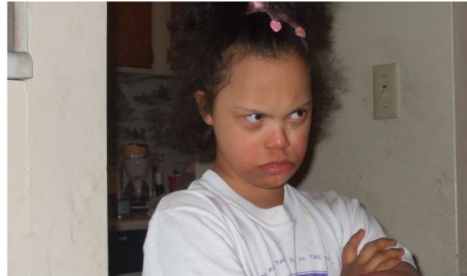
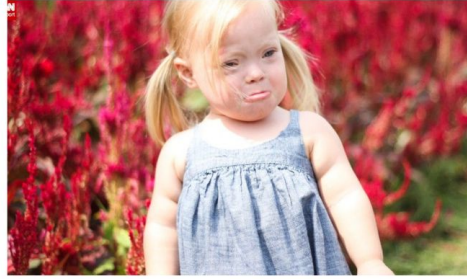


Emotion Flashcards



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 ____?**
 - What are some ways to feel better. Share what works for you. Ask what helps them and if there are some new things they might try.
- **Who can you talk to when you feel ____?**
 - Who feels safe to talk to about these feelings, or if they are happy feelings, who would they want to share the feelings with?



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 ____?

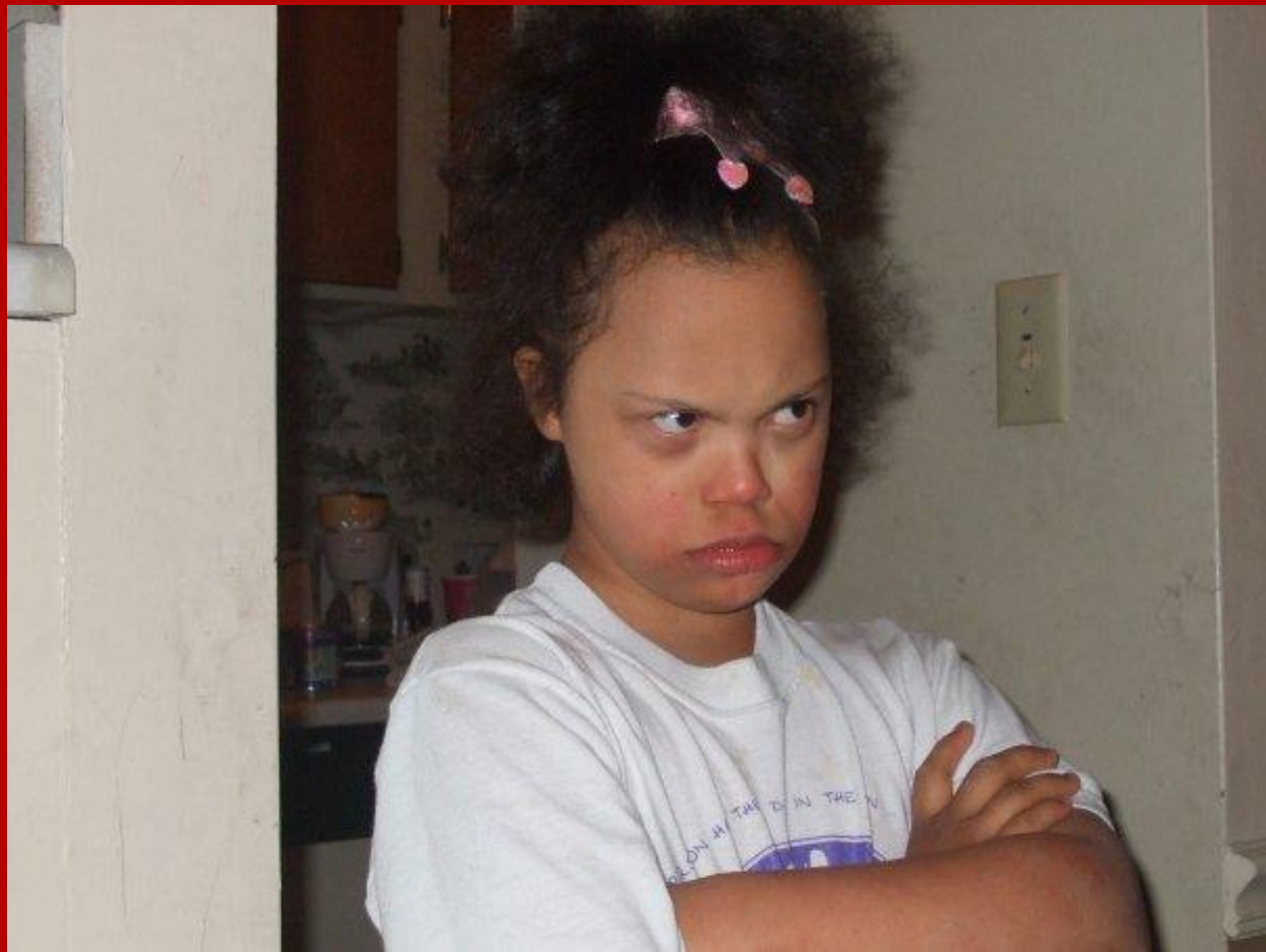


Fear

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,
shocked.

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 ____?

Acknowledgements

Created by Ruth Brown, PhD and Elizabeth Howard.

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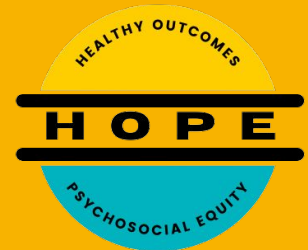


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