

Emotion Cards



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Child or young person

- These emotion cards describe ways you might think, feel or act when you feel a certain emotion.
- Everyone feels 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 feel an emotion for a short or long time. Sometimes we might feel happy, and other times sad.
- It's usual to feel both 'good' and 'bad' emotions – we all do.
- Sometimes we feel two or more emotions at the same time. This is when we might have "mixed feelings"



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. This could be like playing charades.
- 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!



Educator, Teacher or Parent

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 feelings, if a child is struggling to find the words. For example, you could ask a child 'Which face do you feel the same as today?'

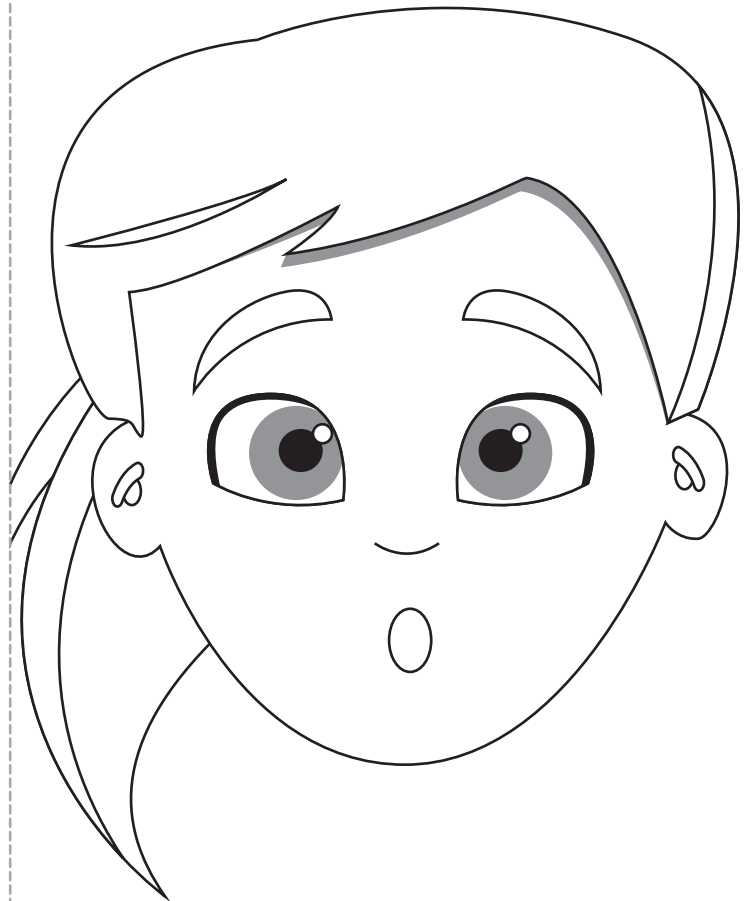
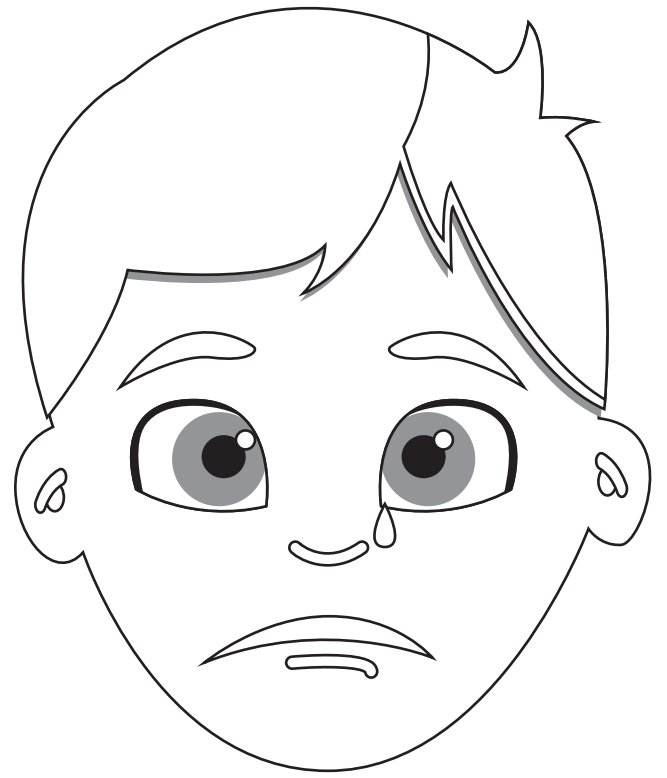
Younger children might not yet understand complex emotions. Older children might be more ready for the complex emotions and might use other words for the basic emotions, like saying 'down' instead of 'sad'.



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!





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



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



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



Angry

What I might think:

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

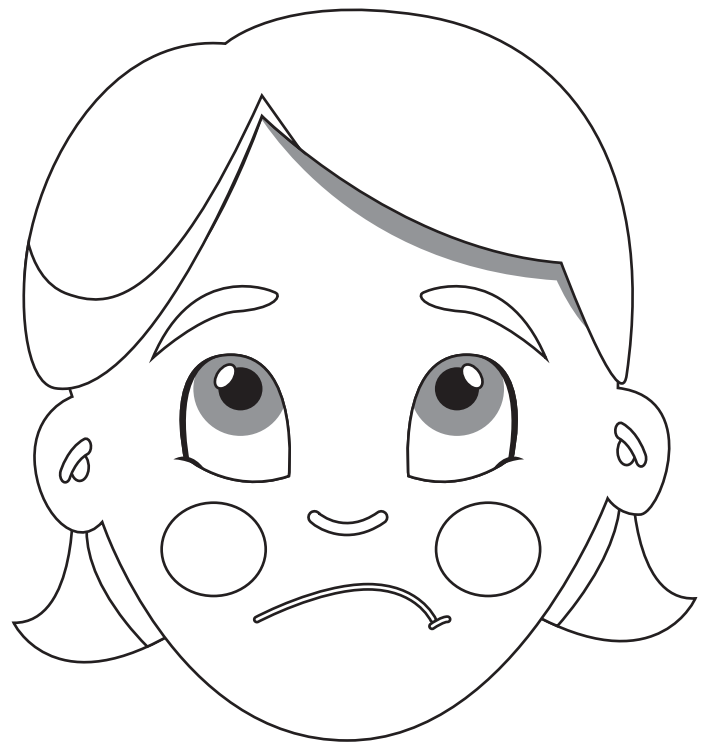
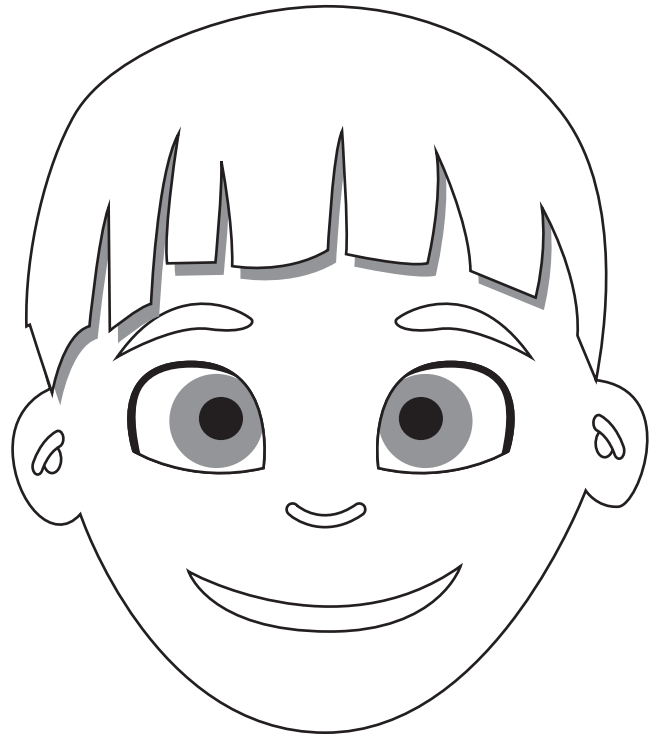
What my body might feel:

- Hot
- Fists clenched
- Fast heart beat
- Sweaty

What I might do:

- Frown or scowl
- Scream
- Fight
- Run away





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



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



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



Proud

What I might think:

“I did that well!”

“Great job!”

What my body might feel:

Bouncy

Energetic

Big

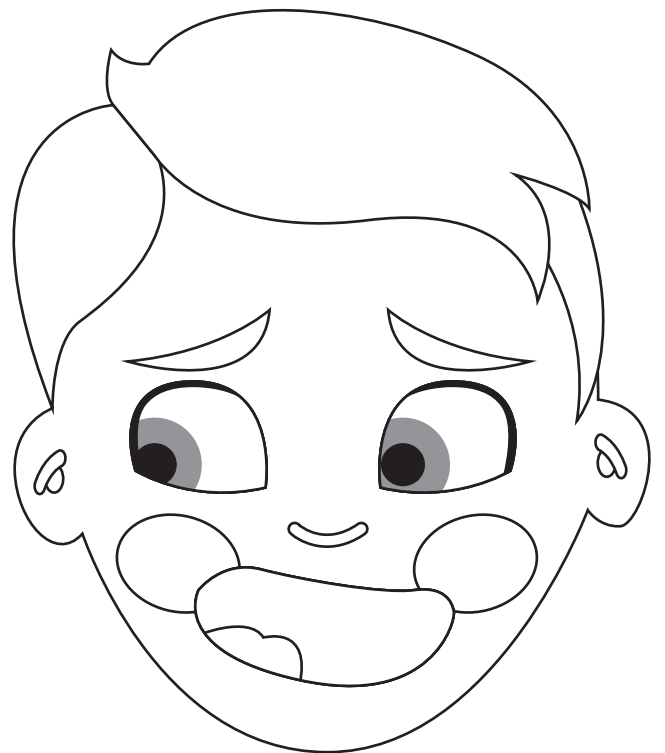
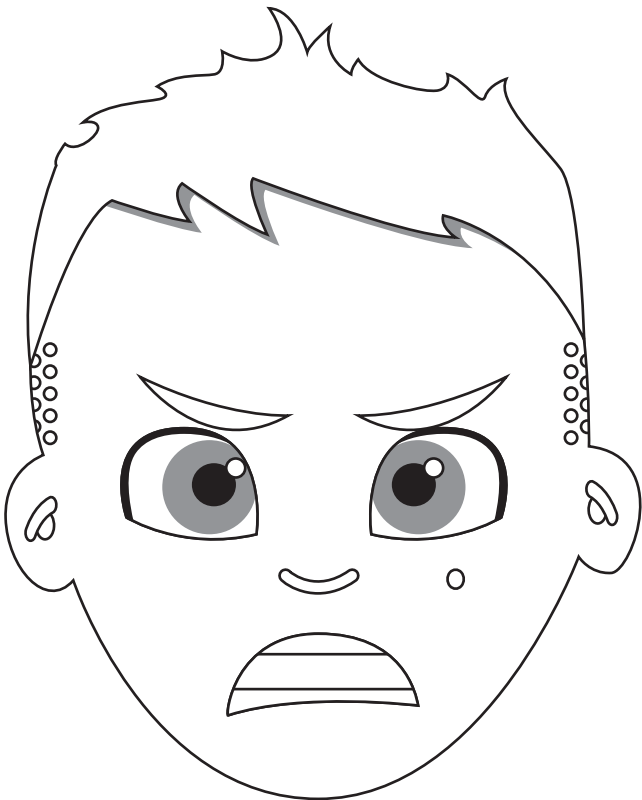
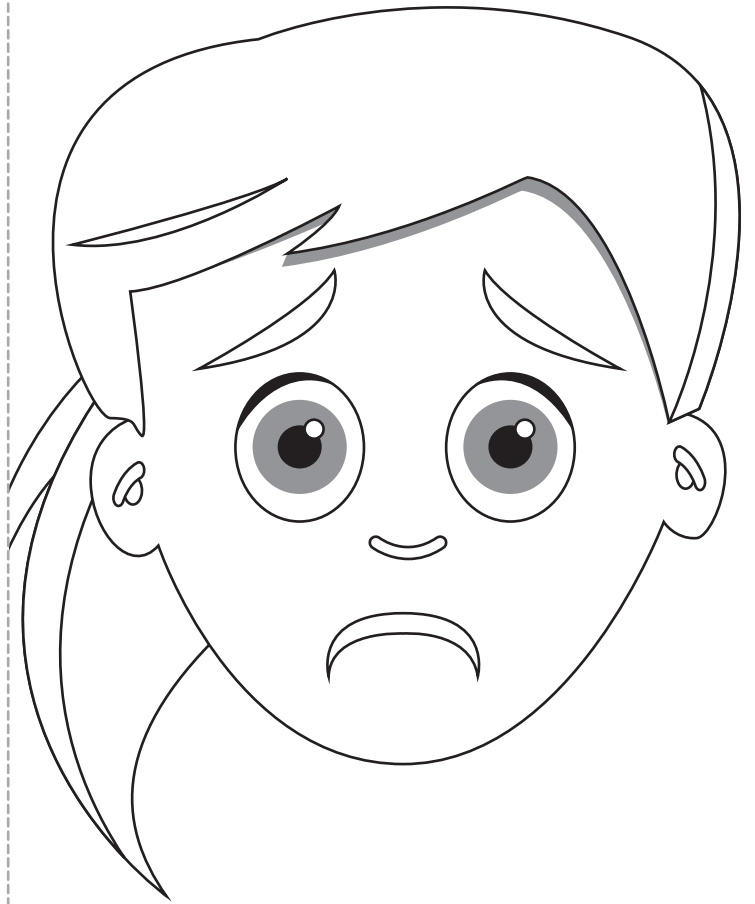
What I might do:

Puff chest

Look upwards

Beam





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 things
Cry



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



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



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

