

EMOTION EXPLORER CARDS

Emotion Explorer Cards are a versatile tool designed to help individuals, especially children, recognise, understand, and articulate their emotions.

These cut out cards can be effectively utilised in various settings, including classrooms, therapy sessions, and at home, to foster emotional intelligence and communication skills.

Our suggested activities and instructions on how to use the Emotion Explorer Cards:

For individuals 2+

Materials included:

8 X Emotion Expressions

8x Emotion Naming Cards

8 x Scenario Cards



WAYS TO PLAY

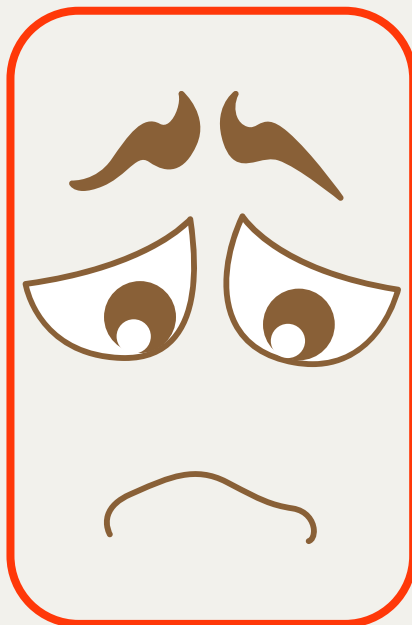


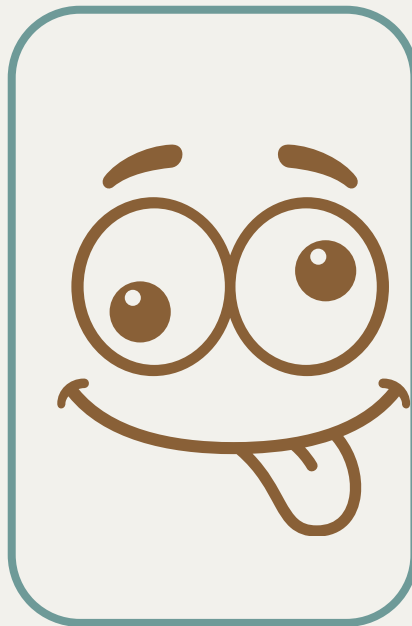
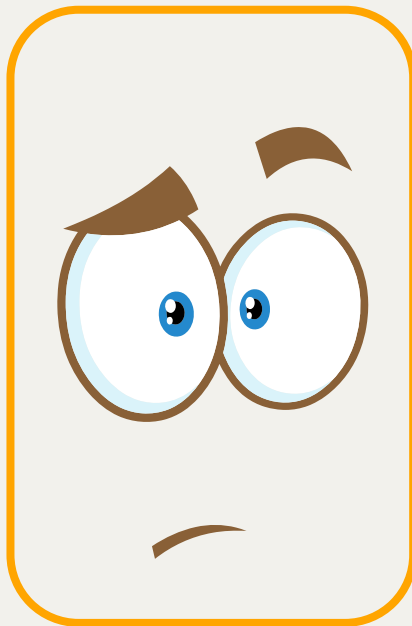
IDENTIFYING EMOTIONS:

- Place the emotion expression cards face down. Take turns picking up a card and copying the facial expression.
- Match the emotion expression cards to the naming cards.
- Ask questions like... How did you feel when you made that face?
- When have you made that face before?
- What could make you feel that way ?
- You can also ask from the perspective of others.

UNDERSTANDING EMOTIONS:

- First place the scenario cards face down.
- Next match the emotion expression cards to the naming cards.
- Then take it in turns to choose a scenario card and discuss how you would think, feel and act.
- You can use the prompts on the card for the conversation or offer an example coping strategy.





How do you feel? 😊 😐 😞

Scenario: Someone took your toy or game without asking...

 **Think:** What is making me feel mad?

 **Feel:** I feel like I want to run.

 **Act:** Take a deep breath and calmly talk to the other person. Tell them how it made you feel.

How do you feel? 😊 😐 😞

Scenario: You didn't get invited to a party, and your friends are all talking about it.

 **Think:** What is making me feel sad?

 **Feel:** I feel disappointed.

 **Act:** Talk to a trusted adult or friend about how you're feeling. Maybe plan something fun to do with other friends.

How do you feel? 😊 😐 😞

Scenario: You have to speak in front of the class for the first time.

Think: What am I worried about?

Feel: My heart is racing.

Act: Take a deep breath, remind yourself everyone is supportive. Focus on the message, not the fear.

How do you feel? 😊 😐 😞

Scenario: You achieved your goal and everyone is praising you.

 **Think:** Why is making me feel happy?

 **Feel:** I feel proud.

 **Act:** Celebrate your win, but also take note of what you did right. Use it as motivation for future goals.

How do you feel?



Scenario: You're about to go on a fun trip.

 **Think:** What are you most excited about?

 **Feel:** I feel thrilled, happy, and full of energy.
I can't wait to explore and have fun!

 **Act:** Get ready and talk to family and friends about what you want to do.

How do you feel?



Scenario: You don't understand something you have been told.

 **Think:** What doesn't make sense to me?

 **Feel:** I feel frustrated and unsure.

 **Act:** Ask someone you trust for help. Look at the problem from a different angle and break it down step by step.

How do you feel?



Scenario: You and your friends start laughing uncontrollably.

 **Think:** What made this so funny?

 **Feel:** I feel light hearted and carefree.

 **Act:** Enjoy the moment, but remember to stay respectful of others around you..

How do you feel?



Scenario: You are going somewhere for the first time.

 **Think:** Will I like it there?

 **Feel:** I feel scared & unsure but excited to try something new.

 **Act:** Take a deep breath and remind yourself it's okay to feel nervous. Think of one thing you're looking forward to.