

26 EMOTIONS FLASHCARDS FOR KIDS



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Table of Contents

- 3 How to use your printable emotions flashcards
- 6 Emotions included in this product
- 11 26 Emotions Flashcards
- 18 Other resources from Very Special Tales

HOW TO USE YOUR PRINTABLE CARDS

There are several different ways to make the most out of your flashcards.

1. BROWSE THROUGH THE CARD DECK AND DISCUSS THE IMAGES WITH YOUR CHILD.

Label and describe the feelings in each image.

This is the most obvious way to use the cards.

You can take the opportunity to discuss different situations when any of you experienced that feeling.

2. EMOTIONS POSTER

Print them as a poster (don't cut them into cards), and use them as emotions posters.

You may display your poster(s) in your "calm down corner", or use it as decoration in your child's room.



HOW TO USE YOUR PRINTABLE CARDS

3. EMOTIONS BOOK

You can also print them as a mini-brochure and can add it to your calm down box. Whenever your children are struggling to express their feelings, they can browse through the book and identify the emotion they are experiencing.

4. EMOTIONS BOARD

You can create an Emotions Board that helps your children express their emotions and why they are experiencing them.

Use cardstock or laminated paper to create a board, and place a horizontal adhesive velcro strip (see illustration below).

Place on top a selection of basic emotions that the child will choose from (laminated and with velcro in the back too).

Once an emotion is selected it can be moved to the bottom to form a sentence that they will share: "I am feeling happy because..."



HOW TO USE YOUR PRINTABLE CARDS

EMOTIONS GAMES

5. EMOTIONS CHARADES

One player picks an emotion flashcard from the deck.

The player represents the emotion for the other players to guess without using words. Take turns doing this.

6. CONVERSATION STARTERS

Take turns taking a card from the deck. Read it out loud and share with the others a situation when you experience that emotion.

7. EMOTIONS MEMORY GAME

Print two sets of flashcards.

Place the cards facing down and take turns lifting any two cards.

If the cards match keep them, and proceed to turn another two.

If not, leave them facing down and let the next player take a turn.

The player who gets more pairs at the end wins.

General Tips-

- Laminate your flashcards before you start using them. They will last a lot longer!
- No matter which game or activity you choose, don't forget to read out loud the definition provided. It is part of their learning process.

HOW TO USE YOUR PRINTABLE CARDS

8. THIS EMOTION MAKES ME FEEL...

Take a card from the deck and answer the following question:

-do I feel good or bad when I'm feeling this emotion?

If you feel that emotion makes you feel good, place that card on a "feeling good" deck.

If you feel that emotion doesn't make you feel okay, place it on a second deck.

We will use these decks in the next activity

9. HOW USEFUL IS THIS EMOTION?

Emotions have "jobs" to do, and they are great at them.

Some emotions have a better "reputation" than others, but they are all useful at some point in time.

Choose a card from one of the decks and try to think when that emotion may be useful for you (even the ones that you may initially consider negative emotions)

10. EMOTION STORY TIME

A player picks a card from the deck and makes up a story that portrays that emotion.

HOW TO USE YOUR PRINTABLE CARDS

11. DESCRIBING AN EMOTION

This is a great emotion game to learn feelings vocabulary. Cover the lower part of an emotions card (where the definition is shown).

Ask the young learner to use their own words to describe what that emotion is.

12. DRAW AN EMOTION

Use your emotion cards as prompts to help kids draw emotions. What parts of the illustration helped you identify that emotion? Could you make a drawing of yourself showing that emotion?

13. EMOTION THEMES

Some emotions seem to have some similarities; we could say they belong to the same emotion family.

For example, we can say that words like joy, happiness, content, or merry belong to the same family.

Could you group together the emotion cards that seem to belong to the same family?

14. EMPATHY EMOTION GAME

Choose one card from the deck.

Read the emotion and ask everybody to think and explain how they could help somebody who is feeling that emotion.

HOW TO USE YOUR PRINTABLE CARDS

15. FUN EMOTIONS ROLE-PLAY

This emotion game could work well with a small group.

Create a role-play situation (for example, one kid is a supermarket clerk, another is working in one of the aisles, and two kids are shopping).

Each kid picks a random card and doesn't share it with the others.

They all have to role-play the situation portraying the feeling they picked up from the deck.

After a short role-play, they can guess what the emotions of others were and how they affected the way they acted.

26 EMOTIONS FLASHCARDS

Emotions and definitions included in the flashcards:

1. Happy - Feeling joy or pleasure. Other words that can also describe a happy kid: cheerful, delighted, joyful, or pleased.
2. Grateful - Feeling thankful for the good things in our lives. Feeling thankful for the kind things somebody has done to us.
3. Proud - Feeling pleased and worthy because of something that you created or accomplished. Feeling pleased about other people's accomplishments.
4. Excited- Feeling thrilled, full of emotions or feelings.
5. Loved - Feeling we receive deep affection or strong liking, we are dear and cared for.
6. Sad - Feeling unhappy or sorrowful.
7. Lonely - Feeling alone and without company.
8. Sorry -Feeling regret for something you have said or done.
9. Hurt -To suffer or have painful feelings.
10. Disappointed - Feeling unhappy because your hopes, wishes, or goals have not happened.
11. Guilty - Feeling bad about something we have done
12. Surprised - Feeling startled or amazed about something unexpected.
13. Shocked - A sudden and powerful scare or surprise.
14. Scared - Feeling fear or afraid.
15. Shy - Not feeling comfortable around people. Not wanting to call attention to oneself.

26 EMOTIONS FLASHCARDS

16. Anxious - Feeling worried, nervous, or afraid about something uncertain.
17. Worried - Feeling troubled or uneasy about something that might happen or has happened.
18. Angry - Feeling a strong annoyance about something or someone that has caused us pain, injustice, wrong, or offense.
19. Upset - Feeling disturbed or bothered.
20. Bored - Feeling restless or fed up about something that is not interesting
21. Embarrassed - Feeling uncomfortable because of shame or receiving too much attention from others.
22. Jealous - Feeling afraid of losing someone's love or attention to another person.
23. Overwhelmed - Feeling completely defeated by or burdened with something that feels too big to deal with
24. Disgusted - Feeling a strong horror or dislike caused especially by something sickening or evil.
25. Tired - Feeling that your body or mind needs to rest, take a break, or sleep
26. Confused - Feeling that you can't think clearly, make sense of things, or understand what is happening or what somebody is saying.



HAPPY

Feeling joy or pleasure. Other words that can also describe a happy kid: cheerful, delighted, joyful, or pleased.



SAD

Feeling unhappy or sorrowful.



ANGRY

Feeling a strong annoyance about something or someone that has caused us pain, injustice, wrong, or offense.



SHOCKED

Feeling a sudden and powerful scare or surprise.





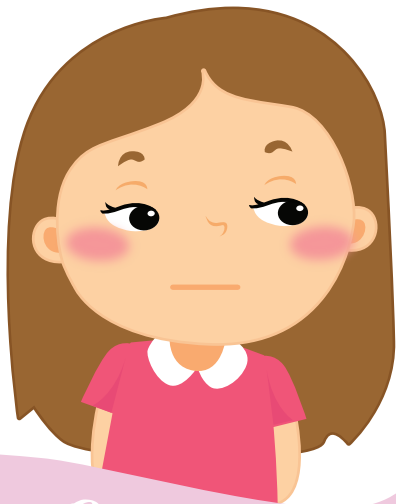
SORRY

Feeling regret for something you have said or done.



SCARED

Feeling fear or afraid.



BORED

Feeling restless or fed up about something that is not interesting.



LOVED

Feeling we receive deep affection or strong liking, we are dear and cared for.





DISAPPOINTED

Feeling unhappy because your hopes, wishes, or goals have not happened.



GUILTY

Feeling bad about something we have done.



SHY

Not feeling comfortable around people. Not wanting to call attention to oneself.



HURT

To suffer or have painful feelings.





EMBARRASSED

Feeling uncomfortable because of shame or receiving too much attention from others.



LONELY

Feeling alone and without company.



SURPRISED

Feeling startled or amazed about something unexpected.



WORRIED

Feeling troubled or uneasy about something that might happen or has happened.





PROUD

Feeling pleased and worthy about something you created or accomplished, or about other people's accomplishments.



UPSET

Feeling disturbed or bothered.



DISGUSTED

Feeling a strong horror or dislike caused especially by something sickening or evil.



OVERWHELMED

Feeling completely defeated by or burdened with something that feels too big to deal with.





EXCITED

Feeling thrilled, full of emotions
or feelings.



JEALOUS

Feeling afraid of losing someone's
love or attention to another person.



GRATEFUL

Feeling thankful for the good things in
our lives. Feeling thankful for the
kind things somebody has done for us.



ANXIOUS

Feeling worried, nervous, or afraid
about something uncertain.





TIRED

Feeling that your body or mind needs to rest, take a break or sleep.



CONFUSED

Feeling you can't think clearly, make sense of things or understand what is happening or what somebody is saying.



OTHER RESOURCES

PRINTABLE FLASHCARDS

Links to the products under each image (for Europe check at the end of the page)



Emotions



Affirmations



Anxiety Affirmations



Calm Down

(Calm down cards are part of the Cool Kid Journal)



(Animal) Yoga

If you are buying from **EUROPE**

Please, use the following links for purchases made from Europe:

Emotions Cards

Affirmations Cards

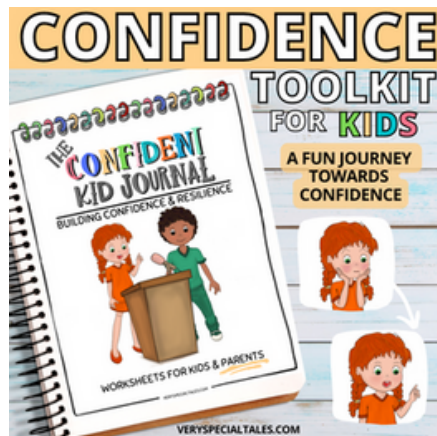
Anxiety Affirmations Cards

Calm Down Cards (included in our Anger Workbook)

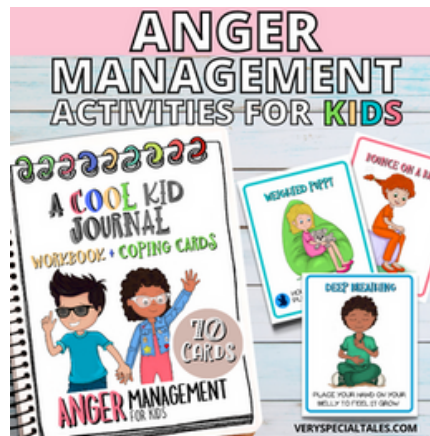
Animal Yoga Cards

OTHER RESOURCES PRINTABLE JOURNALS & WORKBOOKS

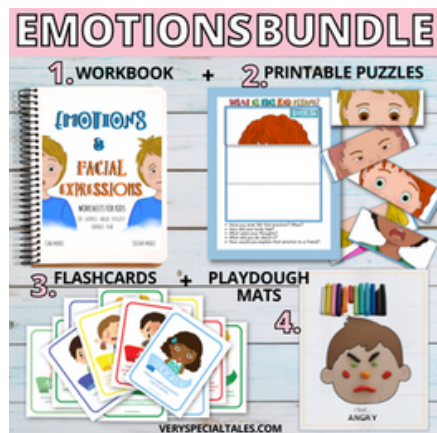
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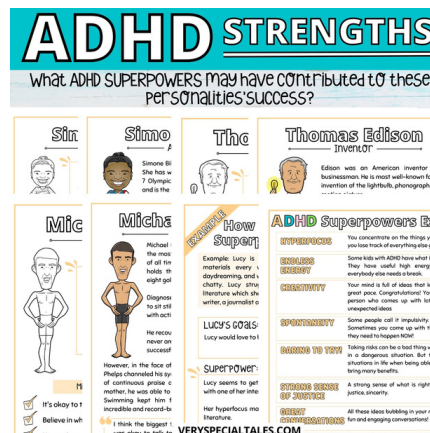
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Anger Management



Emotions Bundle



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