

# Emotion cards



The Emotion Card resource encourages students to explore and reflect upon their feelings, helping them to identify and understand their emotions.



## Resources required:

- Order Emotion Card packs
- Paper and pens

## Activity ideas using the Emotion Cards:

### 1. Heads up activity

Get students to hold up or stick emotion cards on their forehead without seeing it. They have to ask questions of others to try and guess the emotion!

### 2. What's happened? Activity

Lay the emotion cards out and get students to make up stories and describe or role play what has happened to the ringtail possum to make him look and feel the way he does.

### 3. Storytelling activity

In smaller groups, ask students to tell a likely story about their own experience for different emotions eg. for angry - my little brother scribbled all over my homework. Write the stories down and then read them out in a larger group getting children to match the different stories to emotion cards.

### 4. Today's emotion activity

Ask students to choose one or multiple cards to acknowledge how they feel at the beginning or end (or both) of the day, class or activity.

### 5. Act Belong Commit activity

Doing things that make us feel good is important. Ask students what they do in each of the Act Belong Commit areas that makes them feel good. They may not have realised their activity is helping them to look after their mental health and wellbeing.

PLEASE [CLICK HERE](#) TO ORDER THESE CARDS