



happy



sad



angry





scared



**caring**



**delighted**





excited



jealous

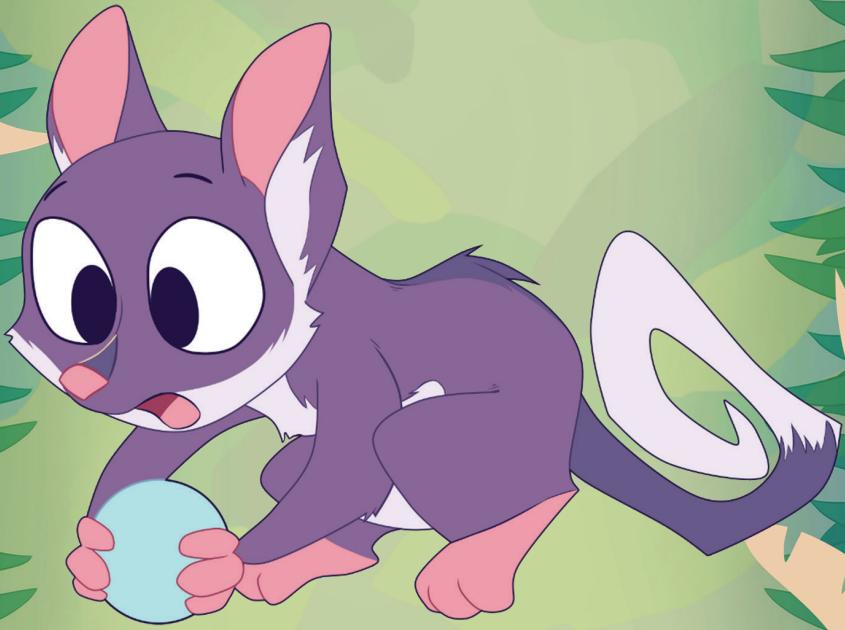




lonely



**proud**



surprised





worried

## How are you doing today?

Life's full of ups and downs. And we all face challenges sometimes.

Good mental health can make coping with life's daily struggles easier.

Did you know there's lots of things you can do to look after your mental health and wellbeing?

**Act** Do something.

Keep active mentally, physically, socially, spiritually, culturally...

**Belong** Do something with someone.

Stay connected to friends, family and your community to foster a sense of belonging.

**Commit** Do something meaningful.

Find something that gives you purpose in life.

So get on the front foot with your mental health and wellbeing.



For more information on how to use these cards, visit [actbelongcommit.org.au/emotioncards](https://actbelongcommit.org.au/emotioncards)

# EMOTION CARDS



Design by Amber Star Clark

## These cards portray a range of feelings.

Rather than good or bad, it's better to think of them as 'comfortable' and 'uncomfortable' feelings.

Feelings change from time to time, depending on the situation we are in. And we all experience emotions in our own way, some more intense than others. But remember, emotions come and go.

### It is important to know:

- Identifying our feelings allows us to make choices about how we express them. It can help us work on strategies to manage uncomfortable feelings like anger.
- Understanding our own emotions helps us appreciate how others may be feeling.

These cards are designed to explore feelings in group activity settings and are not to be used as therapy cards. We acknowledge the assistance of Curtin University's Aussie Optimism.

For further information or advice regarding emotions familiar to different age groups go to [actbelongcommit.org.au/emotioncards](https://actbelongcommit.org.au/emotioncards)



## ACTIVITY IDEAS

These cards are designed to encourage children to explore and reflect upon their feelings, helping them to identify and understand their emotions.

### Heads up Activity

Get children 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!

### What's happened? Activity

Lay the emotion cards out and get children 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.

### Storytelling Activity

In smaller groups, ask children 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.

### Today's Emotion Activity

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

### Act Belong Commit Activity

Doing things that make us feel good is important. Ask children 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.



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