

Emotions

Cards and a poster to name how we feel



Contents:

- 16 emotion cards to cut out
- “How do you feel today?” poster with all the emotions
- Suggested age: 3-8 years

Print on A4 and cut along the dotted lines. Recommended: laminate to reuse.

Guide for teachers and families

WHO IT IS FOR

Preschool and early primary (ages 3-8). Emotional education and tutor time.

GOALS

- Recognise and name your own and others' emotions.
- Give tools to express how we feel.
- Normalise that every emotion can be talked about.

ACTIVITIES WITH PROGRESSION

Starter level

Show a card and act out the emotion with your face and body. The children guess it.

Intermediate level

The poster at circle time: each child points to how they feel today and, if they like, explains why.

Advanced level

Calm corner: when a child is upset, they pick the card for how they feel and the one for how they would like to feel.

Print on A4. Laminate the cards; the poster looks good framed or laminated on the wall.



happy



sad



angry



scared



surprised



embarrassed



tired



excited



nervous



calm



proud



jealous



frustrated



grateful



bored

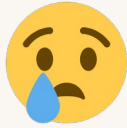


confused

How do you feel today?



happy



sad



angry



scared



surprised



embarrassed



tired



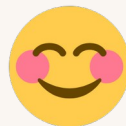
excited



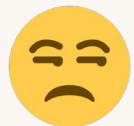
nervous



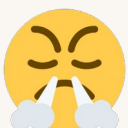
calm



proud



jealous



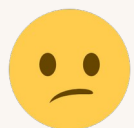
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