



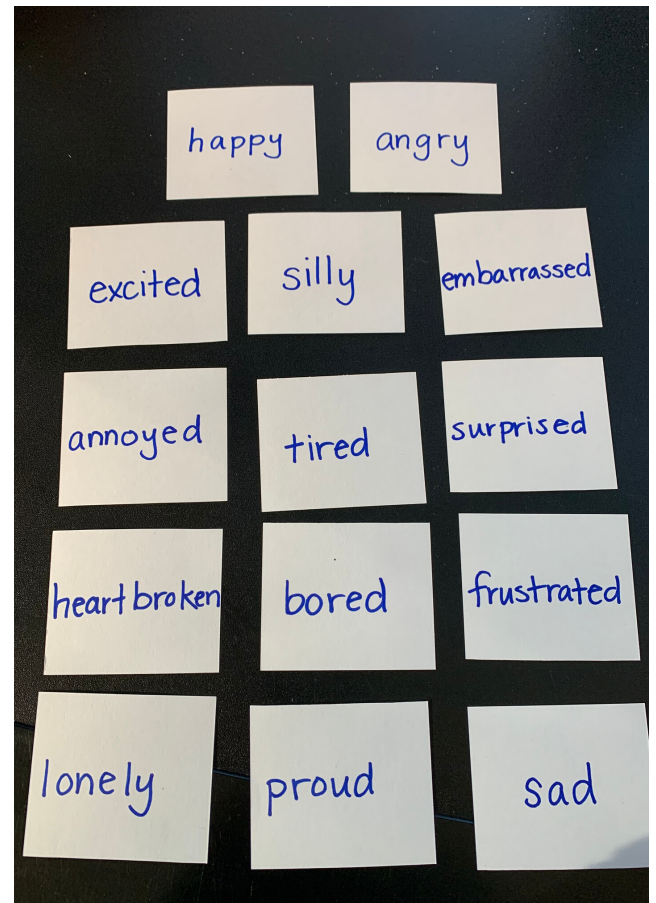
EMOTION CARDS

Emotion Cards can be used as either a part of a class discussion or as a writing assignment. They can be used over and over and in a multitude of ways.

Steps:

Print out a series of cards with different emotions on them. Examples:

- Sad
- Afraid
- Anxious
- Upset
- Angry
- Frustrated
- Annoyed
- Lonely
- Ignored



There are a variety of ways you can use these cards.

- Have students pick a card and then demonstrate what someone who feels that way look like. How does that feeling feel physically? Where does it live in your body?
- Have students discuss a time they felt that way. Why did they feel that way? How did someone help them feel better? How did they make themselves feel better?
- Have students create a different scenario where someone would feel that emotion. How could they help a person in that situation feel better?

You can also use these as writing exercises or art projects. Have them write a story about that emotion and why someone might feel that way. It can be a nonfiction account or a fictional story. They can also draw a picture of the feeling, showing what it feels like, or showing a situation where someone would feel that way.

You can also make face cards and play matching games- match the face and feeling, go fish, etc.