

Emotions Card Game

The Emotions Card Game is designed to help teach a variety of skills related to awareness of emotions and problem-solving. The cards are intended to be used in a flexible manner. Several suggested uses are provided below. Before using the cards, remove any cards that don't seem to suit the needs of the children you are working with. Some Question Cards appear more than once in the deck.

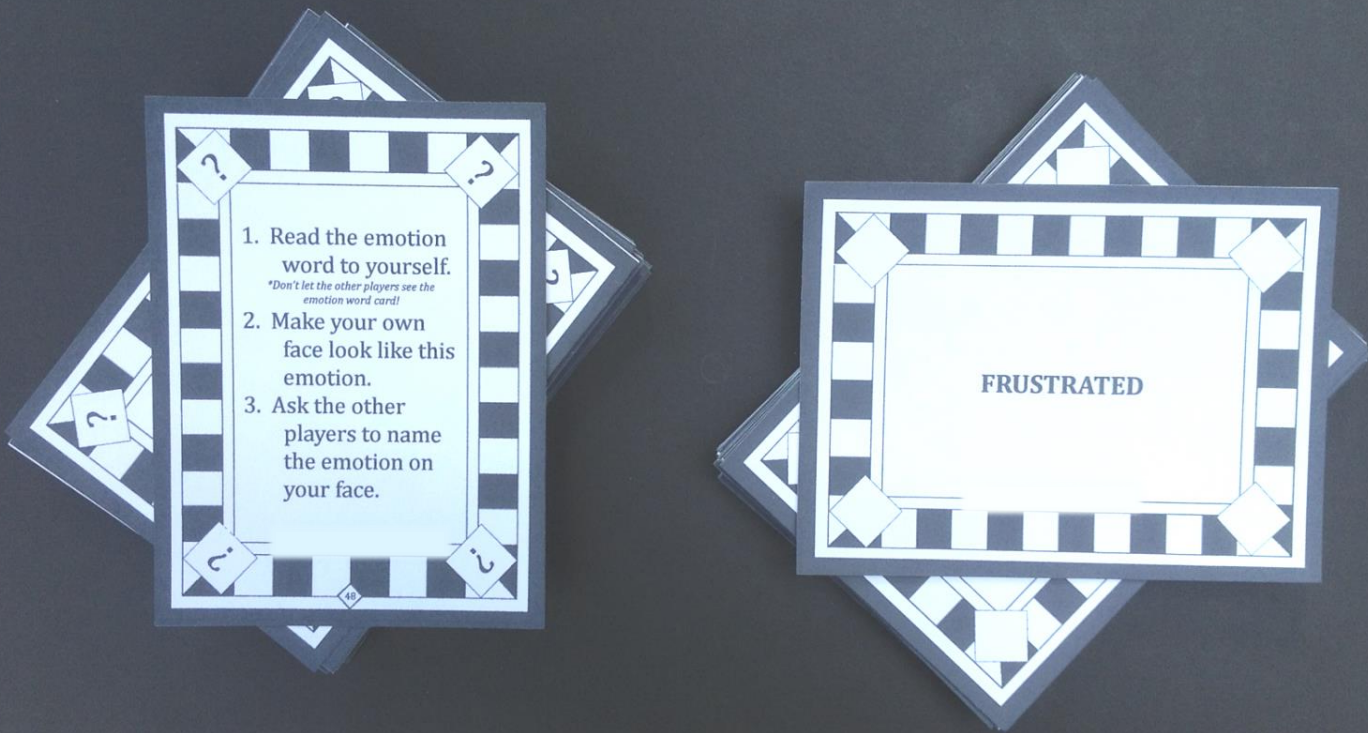
Activity 1: Using only the Emotion Word Cards, place the deck upside down and have children take turns drawing cards and reading the emotion. Ask them to describe a time they felt that way, or have them ask someone else about when they felt that way. Suggestion: "Stack the deck" ahead of time to probe for specific emotions.

Activity 2: Place the decks of Emotion cards and Question cards face down. Each player draws one Emotion card and one Question card. The Question card gives the player a problem to solve, question to answer, or activity to perform based on the particular emotion word.

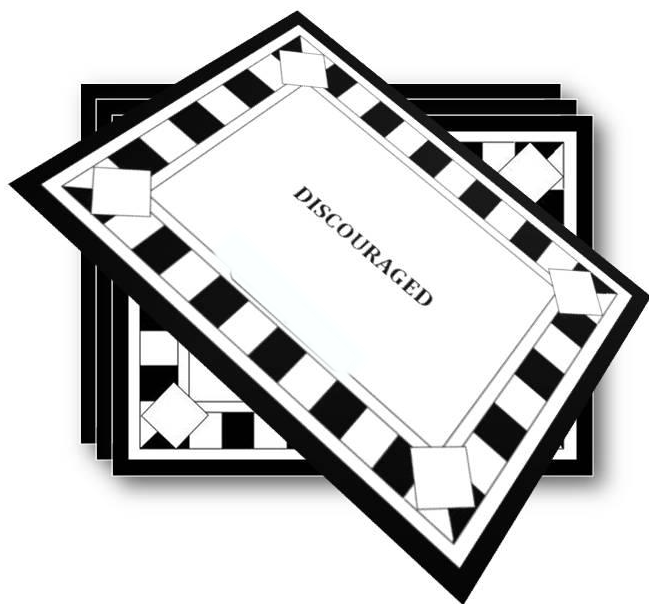
Activity 3: Using only the deck of Emotion cards, have the players follow the directions on cards 45-48. This is an engaging activity all by itself without the other Question cards. Doing this activity with a mirror or video camera is helpful.

Activity 4: Emotion storytelling. Use only cards 21 to 28. This is a challenging activity, employing both emotional intelligence and cooperative skills, and can easily be done as an entirely separate activity.

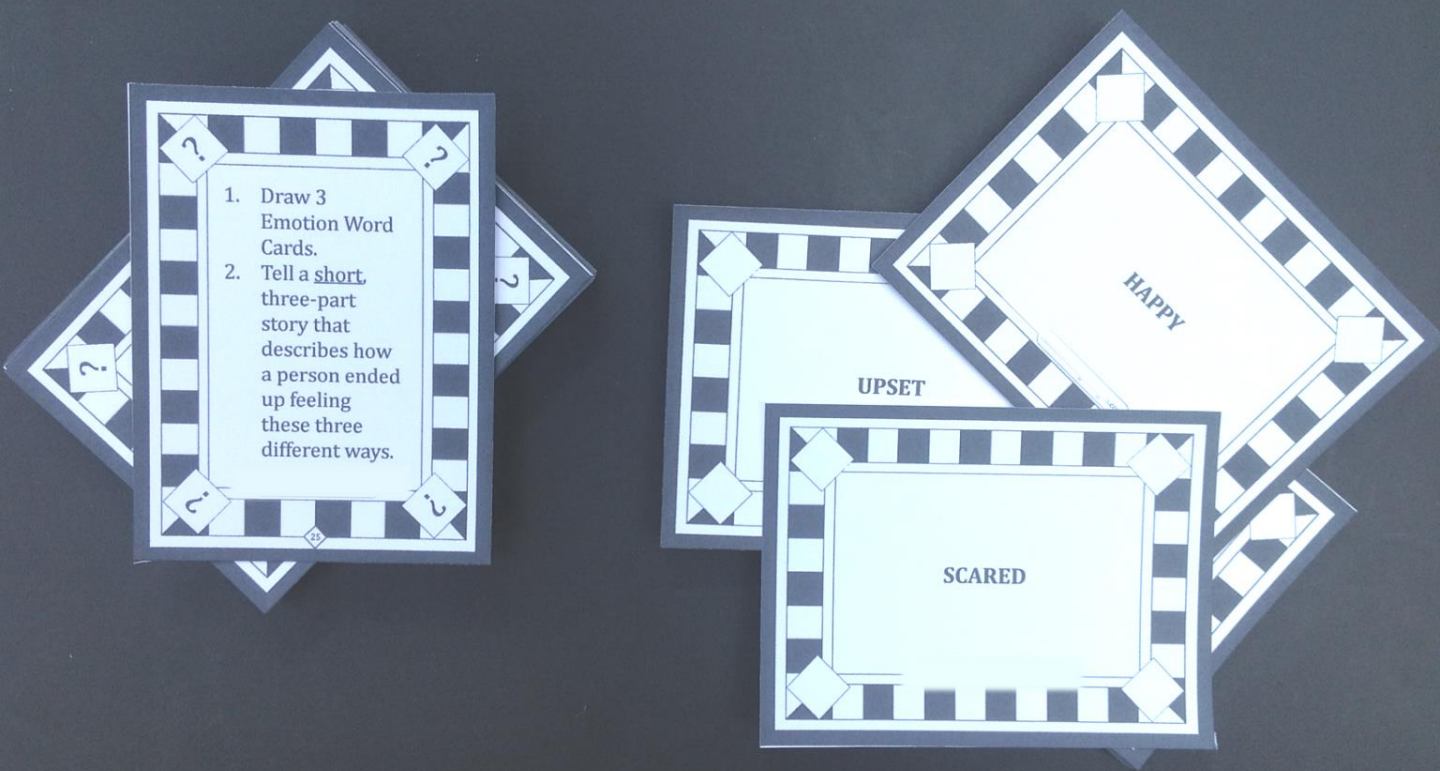
Created by Joel Shaul, LCSW



Activity 2: Place the decks of Emotion cards and Question cards face down. Each player draws one Emotion card and one Question card. The Question card gives the player a problem to solve, question to answer, or activity to perform based on the particular emotion word.



Other combinations of cards that can occur when drawing cards from the two decks.



Activity 4: Emotion storytelling. Use only cards 21 to 28. This is a challenging activity, employing both emotional intelligence and cooperative skills, and can easily be done as an entirely separate activity.

FRUSTRATED

Emotion Cards

©2018 Joel Shaul

ANGRY

Emotion Cards

©2018 Joel Shaul

SAD

Emotion Cards

©2018 Joel Shaul

WORRIED

Emotion Cards

©2018 Joel Shaul

MAD

Emotion Cards

©2018 Joel Shaul

ANNOYED

Emotion Cards

©2018 Joel Shaul

FURIOUS

Emotion Cards

©2018 Joel Shaul

SCARED

Emotion Cards

©2018 Joel Shaul

FRIGHTENED

Emotion Cards

©2018 Joel Shaul

FRUSTRATED

Emotion Cards

©2018 Joel Shaul

DISCOURAGED

Emotion Cards

©2018 Joel Shaul

IN PAIN

Emotion Cards

©2018 Joel Shaul

DISGUSTED

Emotion Cards

©2018 Joel Shaul

GROSSED OUT

Emotion Cards

©2018 Joel Shaul

BORED

Emotion Cards

©2018 Joel Shaul

UPSET

Emotion Cards

©2018 Joel Shaul

JEALOUS

Emotion Cards

©2018 Joel Shaul

HURT FEELINGS

Emotion Cards

©2018 Joel Shaul

EMBARRASSED

Emotion Cards

©2018 Joel Shaul

ASHAMED

Emotion Cards

©2018 Joel Shaul

RESTLESS

Emotion Cards

©2018 Joel Shaul

HYPER

Emotion Cards

©2018 Joel Shaul

REJECTED

Emotion Cards

©2018 Joel Shaul

LONELY

Emotion Cards

©2018 Joel Shaul

CONFUSED

Emotion Cards

©2018 Joel Shaul

SUSPICIOUS

Emotion Cards

©2018 Joel Shaul

RESENTFUL

Emotion Cards

©2018 Joel Shaul

WANTING REVENGE

Emotion Cards

©2018 Joel Shaul

SORRY

Emotion Cards

©2018 Joel Shaul

DEPRESSED

Emotion Cards

©2018 Joel Shaul

LEFT OUT

Emotion Cards

©2018 Joel Shaul

TIRED

Emotion Cards

©2018 Joel Shaul

HAPPY

Emotion Cards

©2018 Joel Shaul

JOYFUL

Emotion Cards

©2018 Joel Shaul

PROUD

Emotion Cards

©2018 Joel Shaul

EXCITED

Emotion Cards

©2018 Joel Shaul

LOVED

Emotion Cards

©2018 Joel Shaul

RELAXED

Emotion Cards

©2018 Joel Shaul

CONFIDENT

Emotion Cards

©2018 Joel Shaul

RELIEVED

Emotion Cards

©2018 Joel Shaul

CARED FOR

Emotion Cards

©2018 Joel Shaul

FASCINATED

Emotion Cards

©2018 Joel Shaul

INTERESTED

Emotion Cards

©2018 Joel Shaul

HOPEFUL

Emotion Cards

©2018 Joel Shaul

Tell about a time
you felt
like this.

Emotion Cards

1

©2018 Joel Shaul

Make up a story
about how
someone ended
up feeling like
this.

Emotion Cards

2

©2018 Joel Shaul

Ask someone
with you to tell
you about a time
they felt like this.

Emotion Cards

3

©2018 Joel Shaul

Tell about a time
you did
something that
made someone
feel like this.

Emotion Cards

4

©2018 Joel Shaul

Tell about a time
you said
something that
made someone
feel like this.

Emotion Cards

5

©2018 Joel Shaul

If someone in
your family felt
like this, what
could you do, or
say, or ask?

*Keep picking cards till
you get one with an
UNHAPPY emotion.

Emotion Cards

6

©2018 Joel Shaul

If your mother or
father felt like this,
what could you do,
or say, or ask?

*Keep picking cards till you
get one with an UNHAPPY
emotion.

Emotion Cards

7

©2018 Joel Shaul

Ask someone
about a time
someone in their
family felt
like this.

Emotion Cards

8

©2018 Joel Shaul

Can an animal
feel like this?
If so, give an
example.

Emotion Cards

9

©2018 Joel Shaul

If your friend on
the playground
looked like they
felt like this,
what could you
do or say?

Emotion Cards

10

©2018 Joel Shaul

If your aunt or
uncle looked like
they felt like this,
what could you
do or say?

Emotion Cards

11

©2018 Joel Shaul

The adult with
you will pretend
to be a child
feeling this way.
Do and say things
to help.

*Keep picking cards till
you get one with an
UNHAPPY emotion.

Emotion Cards

12

©2018 Joel Shaul

Pretend you are feeling this way. The other people with you have to say things to help.

*Keep picking cards till you get one with an UNHAPPY emotion.

Emotion Cards

13

©2018 Joel Shaul

Everybody playing this activity needs to make their face look like this emotion. The adult decides who is best.

Emotion Cards

14

©2018 Joel Shaul

Ask the adult with you to tell about a time when he or she felt this way.

Emotion Cards

15

©2018 Joel Shaul

Make up a story about a grown-up named Frank who feels this way.

Emotion Cards

16

©2018 Joel Shaul

Tell about a time
you felt like this
when you were
at a relative's
home.

Emotion Cards

17

©2018 Joel Shaul

Tell about a time
you felt like this
during a holiday.

Emotion Cards

18

©2018 Joel Shaul

Tell about a time
you felt like this
when you were
at school.

Emotion Cards

19

©2018 Joel Shaul

Tell about a time
you felt like this
when you were
at home.

Emotion Cards

20

©2018 Joel Shaul

Make up a story
about a kid
named Chris who
feels this way.

Emotion Cards

21

©2018 Joel Shaul

Make up a story
about a kid
named Taylor
who feels
this way.

Emotion Cards

22

©2018 Joel Shaul

Make up a story
about a kid
named Terry
who feels this
way.

Emotion Cards

23

©2018 Joel Shaul

Make up a story
about a kid
named Francis
who feels this
way.

Emotion Cards

24

©2018 Joel Shaul

?

1. Draw 3 Emotion Word Cards.
2. Tell a short, three-part story that describes how a person ended up feeling these three different ways.

Emotion Cards

?

?

25

©2018 Joel Shaul

?

1. Draw 2 Emotion Word Cards.
2. Tell a short, two-part story that describes how a person ended up feeling these two different ways.

Emotion Cards

?

?

26

©2018 Joel Shaul

?

1. Count the number of players.
2. Draw this many Emotion Word Cards.
3. Taking turns, tell a short story together about someone who has these different feelings. You get the first turn.

Emotion Cards

?

?

27

©2018 Joel Shaul

?

1. Count the number of players.
2. Draw this many Emotion Word Cards.
3. Taking turns, tell a short story together about someone who has these different feelings. You get the last turn.

Emotion Cards

?

?

28

©2018 Joel Shaul

The adult with you
will pretend to be
a person feeling
like this.

Try to help.

*Keep picking cards till you
get one with an UNHAPPY
emotion.

Emotion Cards

29

©2018 Joel Shaul

The adult with you
will pretend to be
a person feeling
like this.

Try to help.

*Keep picking cards till you
get one with an UNHAPPY
emotion.

Emotion Cards

30

©2018 Joel Shaul

The adult with you
will pretend to be
a person feeling
like this.

Try to help.

*Keep picking cards till you
get one with an UNHAPPY
emotion.

Emotion Cards

31

©2018 Joel Shaul

The adult with you
will pretend to be
a person feeling
like this.

Try to help.

*Keep picking cards till you
get one with an UNHAPPY
emotion.

Emotion Cards

32

©2018 Joel Shaul

Tell about a time you felt like this when you were at someone else's house.

Emotion Cards

33

©2018 Joel Shaul

Tell about a time you felt this way when you were in a store or in the car with your family.

Emotion Cards

34

©2018 Joel Shaul

Tell about a time you started to feel like this but then you made it get better.

*Keep picking cards till you get one with an UNHAPPY emotion.

Emotion Cards

35

©2018 Joel Shaul

Tell about a time you felt like this and it got worse and worse.

*Keep picking cards till you get one with an UNHAPPY emotion.

Emotion Cards

36

©2018 Joel Shaul

Ask someone
about a time they
felt like this.

Emotion Cards

37

©2018 Joel Shaul

Tell about a
movie, TV show,
or book in which
someone felt like
this.

Emotion Cards

38

©2018 Joel Shaul

If you had this
feeling and it was
getting worse,
what could you do
to get help?

*Keep picking cards till you
get one with an UNHAPPY
emotion.

Emotion Cards

39

©2018 Joel Shaul

Pretend you are a
teacher and one of
your students feels
like this. How can
you help? (The
adult with you can
play the student.)

*Keep picking cards till you
get one with an UNHAPPY
emotion.

Emotion Cards

40

©2018 Joel Shaul

Tell about a movie
you have seen in
which someone
felt like this.

Emotion Cards

41

©2018 Joel Shaul

Tell about a TV
show you have
seen in which
someone
felt like this.

Emotion Cards

42

©2018 Joel Shaul

Tell about a book
or comic you have
read in which
someone
felt like this.

Emotion Cards

43

©2018 Joel Shaul

Ask someone
about a movie
or TV show that
had someone
feeling like this.

Emotion Cards

44

©2018 Joel Shaul

?

?

1. Read the emotion word to yourself.

**Don't let the other players see the emotion word card!*

2. Make your own face look like this emotion.

3. Ask the other players to name the emotion on your face.

Emotion Cards

?

?

45

©2018 Joel Shaul

?

?

1. Read the emotion word to yourself.

**Don't let the other players see the emotion word card!*

2. Make your own face look like this emotion.

3. Ask the other players to name the emotion on your face.

Emotion Cards

?

?

46

©2018 Joel Shaul

?

?

1. Read the emotion word to yourself.

**Don't let the other players see the emotion word card!*

2. Make your own face look like this emotion.

3. Ask the other players to name the emotion on your face.

Emotion Cards

?

?

47

©2018 Joel Shaul

?

?

1. Read the emotion word to yourself.

**Don't let the other players see the emotion word card!*

2. Make your own face look like this emotion.

3. Ask the other players to name the emotion on your face.

Emotion Cards

?

?

48

©2018 Joel Shaul