

Emotion Cards

PRINTABLE CARDS TO HELP CAREGIVERS AND PARENTS TEACH CHILDREN HOW TO APPROPRIATELY PROCESS EMOTIONS.

The printable cards below are meant to be cut out, laminated, and put on a key ring so that children may flip to the emotion they are feeling and know how to best behave and process what they are experiencing.

A set of empty cards are also provided so parents, caregivers, or children may create their own personalized cards.



When I feel
confused, I can:

1. Ask for help
2. Take a few deep breaths
3. Stay calm

CONFUSED

When I feel
excited, I can:

1. Share my excitement with someone!
2. Play

EXCITED

When I feel
disappointed, I can:

1. Talk to someone about how I feel
2. Be thankful for what I have

DISAPPOINTED

When I feel
scared, I can:

1. Find an adult and talk about how I am feeling
2. Wrap myself up in a comfy blanket
3. Hold my favorite toy or stuffed animal

SCARED

When I feel sad,
I can:

1. Find a quiet, safe place to sit and calm down
2. Talk to someone about how I feel
3. Take a few deep breaths

SAD

When I feel
embarrassed, I can:

1. Remind myself that everyone makes mistakes
2. Apologize to anyone I may have upset
3. Learn from my mistakes

EMBARRASSED

When I feel
angry, I can:

1. Talk to an adult about my feelings
2. Write or draw out my thoughts
3. Take a few deep breaths

ANGRY

When I feel
worried, I can:

1. Talk to an adult about my feelings
2. Remind myself that everything will be okay
3. Take a few deep breaths

WORRIED



HAPPY



PLAYFUL



NAUSEOUS



SHY



TIRED



PROUD



LOVED



CONFIDENT