

I Feel...



Happy



Sad



Mad



Scared



Excited



Worried



Tired



Frustrated



Surprised



Ways To Use This Resource:

1. Introduce and talk about each emotion during large or small group times.
2. Present it to children who are too overwhelmed by big emotions to communicate what they are feeling.
3. Print two copies, cut out the emotions cards, and play an emotion memory/matching game!
4. Keep a copy in a calm-down corner or in a portable calm-down kit to help children identify their emotions.