(Prompt Cards)

What happens when you feel… ?

A picture containing shape

Description automatically generated

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The cards can then be used as part of an input about emotions and feelings. The intention is that the cards would be held with the image facing the child/children and the prompts facing the adult. The activity should help the child/children think carefully about what each emotion feels like to them when they experience them.

These cards are to be cut, folded and laminated first.

happy



What happens when you feel happy?

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*e.g.*

smile

dance

clap

warm feeling

laugh

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sad

What happens when you feel sad?

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*e.g.*

cry

quiet

feel alone

grumpy

need a cuddle

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A picture containing table, plate

Description automatically generated

A picture containing clock, room

Description automatically generated

excited

What happens when you feel excited?

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*e.g.*

laugh

jump

smile

fluttery tummy

loud

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angry

What happens when you feel angry?

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*e.g.*

shout

frown

tense fists

feel hot

hard to think

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A close up of a sign

Description automatically generated

Shape, circle

Description automatically generated

worried

What happens when you feel worried?

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*e.g.*

frown

pursed lips

fidget

fluttery tummy

need a cuddle

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A picture containing drawing

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confused

What happens when you feel confused?

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*e.g.*

look around

ask questions

feel lost

frown

need help

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Shape, circle

Description automatically generated

scared

What happens when you feel scared?

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*e.g.*

cry

open mouth

shout/scream

need a cuddle

run away

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