

Emotions Flash Cards



Age 2+ years



Pack of 24 Flashcards

Includes
Coping Skills



I am feeling..



Calm

When I feel "Calm" I can...

- ♥ Journal or write a letter
- ♥ Help someone or do a chore
- ♥ Draw something
- ♥ Hang out with a friend

I am feeling..



Disgusted

When I feel "Disgusted" I can...

- ♥ Play with playdough
- ♥ Take 10 deep breaths
- ♥ Say positive
Affirmations
- ♥ Journal or write
something

I am feeling..

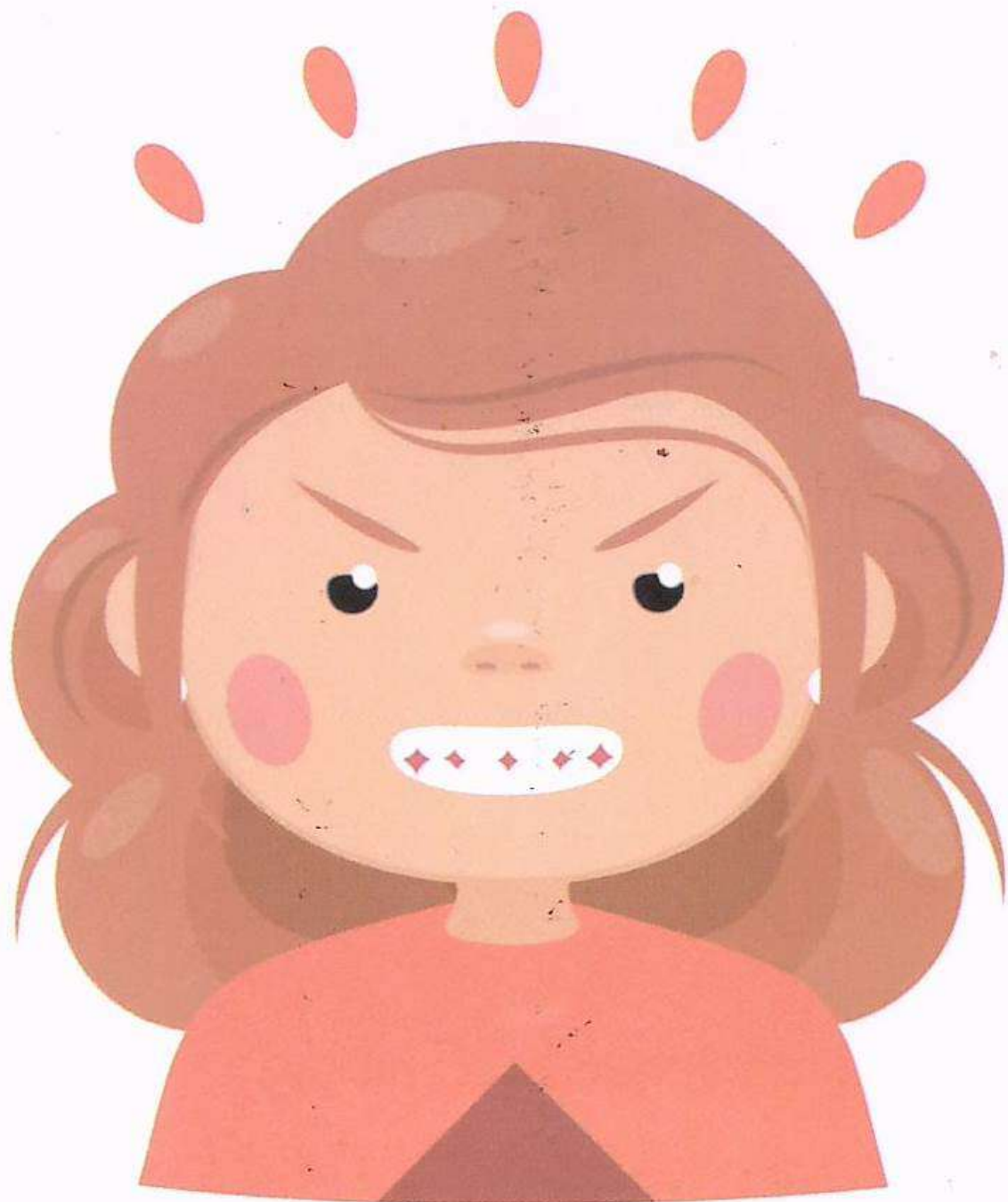


Shy

When I feel "Shy" I can...

- ♥ Focus on the positives
- ♥ Talk to my inner self & motivate myself
- ♥ Say positive affirmations

I am feeling..



Angry

When I feel "Angry" I can...

- ♥ Take deep breaths
- ♥ Spend sometime in nature
- ♥ Draw or paint something
- ♥ Meditate
- ♥ Walk, run or stomp my feet

I am feeling..



Confused

When I feel "Confused" I can...

- ♥ ask for help
- ♥ Talk to somebody
- ♥ Journal or write something
- ♥ Trust my instincts

I am feeling..



Upset

When I feel "Upset" I can...

- ♥ Draw a picture
- ♥ Hug a stuffed toy
- ♥ Read a book
- ♥ Count to 10
- ♥ Rip and crumble a piece of paper
- ♥ Listen to music

I am feeling..



Mad

When I feel
"Mad"
I can...

- ♥ Take a warm shower
- ♥ Cozy up under a blanket
- ♥ Drink some water
- ♥ Take a break

I am feeling..



Proud

When I feel "Proud" I can...

- ♥ Journal or write a letter
- ♥ Get a hug
- ♥ Practice gratitude

I am feeling..



Disappointed

When I feel "Disappointed" I can...

- ♥ Take a walk
- ♥ Listen to relaxing music
- ♥ Take a break
- ♥ Get a hug
- ♥ Write in a journal

I am feeling..



Hopeful

When I feel "Hopeful" I can...

- ♥ Practice gratitude
- ♥ Journal about what I feel
- ♥ Do a random act of kindness
- ♥ Cozy up & relax

I am feeling..



Embarrassed

When I feel "Embarrassed"

I can...

- ♥ Say positive affirmations
- ♥ Talk to someone you are close to
- ♥ Practice mindful breathing
- ♥ Learn from my mistake

I am feeling..



Surprised

When I feel
"Surprised"
I can...

- ♥ Sing a song
- ♥ Share the happy news with close ones
- ♥ Jump and clap

I am feeling..



Afraid

When I feel "Afraid" I can...

- ♥ Talk to my parents or a trusted adult
- ♥ Hug somebody
- ♥ Snuggle up in a blanket
- ♥ Ask for help
- ♥ Say positive affirmations

I am feeling..



Sleepy



When I feel “Sleepy” I can...

- ♥ snuggle in a blanket
- ♥ Do something I enjoy
- ♥ Get enough sleep

I am feeling..



Tired

When I feel
"Tired"
I can...

- ♥ Take a break
- ♥ Snuggle up in a blanket
- ♥ Try deep breathing

I am feeling..



Nervous

When I feel "Nervous" I can...

- ♥ Visualize positive outcomes
- ♥ Take deep breaths
- ♥ Talk to somebody
- ♥ Count slowly to 10
- ♥ Take a walk

I am feeling..



Scared

When I feel "Scared" I can...

- ♥ Take deep breaths
- ♥ Hug a stuffed toy
- ♥ Talk to someone I trust
- ♥ Feel comfortable & worry free

I am feeling..



Loved

When I feel "Loved" I can...

- ♥ Give a hug to someone I love
- ♥ Do something nice for somebody
- ♥ Say family and friends that I love them

I am feeling..



Bored

When I feel "Bored" I can...

- ♥ Read a book
- ♥ Try something new
- ♥ Play outdoors
- ♥ Do a puzzle
- ♥ Hang out with a friend

I am feeling..



Frustrated

When I feel "frustrated"

I can...

- ♥ Go on a walk!
- ♥ Read a book
- ♥ Think happy thoughts!
- ♥ Take 10 deep breaths!

I am feeling..



Excited

When I feel "Excited" I can...

- ♥ Kick, bounce or play with a ball
- ♥ Blow bubbles
- ♥ Get a hug
- ♥ Run, skip or do a happy dance

I am feeling..



Sad

When I feel "Sad" I can...

- ♥ Read a motivational book
- ♥ Do a puzzle
- ♥ Talk to a friend
- ♥ Listen to music
- ♥ Do a hobby

I am feeling..



Happy

When I feel "Happy" I can...

- ♥ Do a random act of kindness
- ♥ Smile or laugh
- ♥ Spend sometime under the Sun
- ♥ Practice gratitude
- ♥ Smell the fresh air