The Emotion Card Games are designed to help teach a variety of skills related to awareness of emotions and problem-solving concerning emotions. 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. To help with the Question Cards concerning responding to other people’s emotions, you may wish to print out this separate free resource as a guide: [http://bit.ly/18sEuYz](http://bit.ly/18sEuYz)

Activity 1: Using only the Emotion Word Cards, place the deck upside down and have take turns drawing cards and reading the emotion word. Have them tell about 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 Word Cards and Question cards face down. Each player draws one Emotion Word 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. (See examples on pages 2 and 3)

Activity 3: Using only the deck of Emotion Word Cards, have the players follow the directions on card 45. 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. (See example on page 4)

I hope you enjoy these cards.

Joel Shaul, LCSW

[AutismTeachingStrategies.com](http://bit.ly/zGDQCi)
Activity 2: Place the decks of Emotion Word Cards and Question cards face down. Each player draws one Emotion Word 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.
RESTLESS

HYPER

REJECTED

LONELY
Tell about a time you felt like this.

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

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

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

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.

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.

Ask someone about a time someone in their family felt like this.
Can an animal feel like this? If so, give an example.

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

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

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

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

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.

Ask the adult with you to tell about a time when he or she felt this way.
Tell about a time you felt like this when you were at home.

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

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

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

Tell about a time you felt like this when you were at home.
Make up a story about a kid named Chris who feels this way.

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

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

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

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.

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.**

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

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

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.

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.
Ask someone about a time they felt like this.

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

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.

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

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

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

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

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