45 Emotion Word Cards

for talking about feelings
in groups of 2 to 10 kids

by Joel Shaul, LCSW
Directions:

1. Position two to ten children around a big table, or in a circle on the floor.

2. Spread out a selection of emotion cards. Use as many as you like. Keep in mind the needs and vocabulary level of the children in your group.

3. Activity one: This is a turn-taking activity. The child must select an emotion card, and ask one of the other players a question about this emotion. For example:

   ![Emotion Card Example](image1)

4. Activity two: This is also a turn-taking activity. In this activity, the child asks a second kind of emotion question. For example:

   ![Emotion Card Example](image2)

   There are additional blank cards in this set for you to create your own emotion word cards.

Note: For another, more complex emotion question activity, see this other resource: https://bit.ly/1cA6bBH

I wish you the best with this emotional learning activity.

Joel Shaul, LCSW
Tell about a time you felt...
Tell about a time you made someone feel...
HAPPY
JOYFUL
PLEASED
THANKFUL
COZY
EXCITED
SILLY
HYPER
LOVED
CURIOUS
FASCINATED
EAGER
LOVING
CARED FOR
Proud
RELAXED
RESTED
RELIEVED
CONFIDENT
INTERESTED
NOSTALGIC
UPSET
ANNoyed
ANGRY
FRUSTRATED
DISCOURAGED
BORED
DISGUSTED
REJECTED
EMBARRASSED
ASHAMED
HURT
FEELINGS
RESTLESS
JEALOUS
CONFUSED
SUSPICIOUS
LONELY