

Emotion cards

Sometimes it's tricky to say how you're feeling and that's totally okay! These emotion cards are here to help.

Just look at the faces and words, then pick the one that matches your mood. You can use it to show how you feel, or how you felt during something that happened.

It's like a secret code for your feelings and when you share it, grown-ups can understand you better and help if you need it. So go ahead, point to a card, start chatting and let your feelings be heard!





Happy



Nervous



Embarrassed



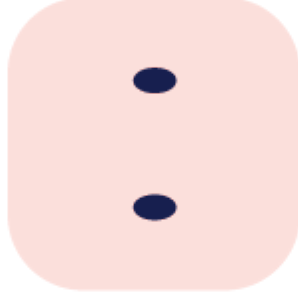
Bored



Frustrated



Tired



Lonely



Angry



Proud



Loved



Excited



Sad





Happy



Nervous



Embarrassed



Bored



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