

Feelings Cards

Children (and oftentimes adults too) first need to develop a sense for their own feelings. Do I feel angry? Or am I disappointed? Or do I maybe feel sad? The ability to perceive and label feelings can be easily trained by having a conversation about them with the children: What can you see on the cards? Which feeling could the card represent? Do you have an example for this feeling? You can also play a feelings memory game with the children. It is important that children learn to clearly articulate their feelings instead of just saying: "I think this was silly of you!". By reflecting on their own feelings, they are able to identify the need that is attached to this feeling, which then allows them to address their peer and make a request.

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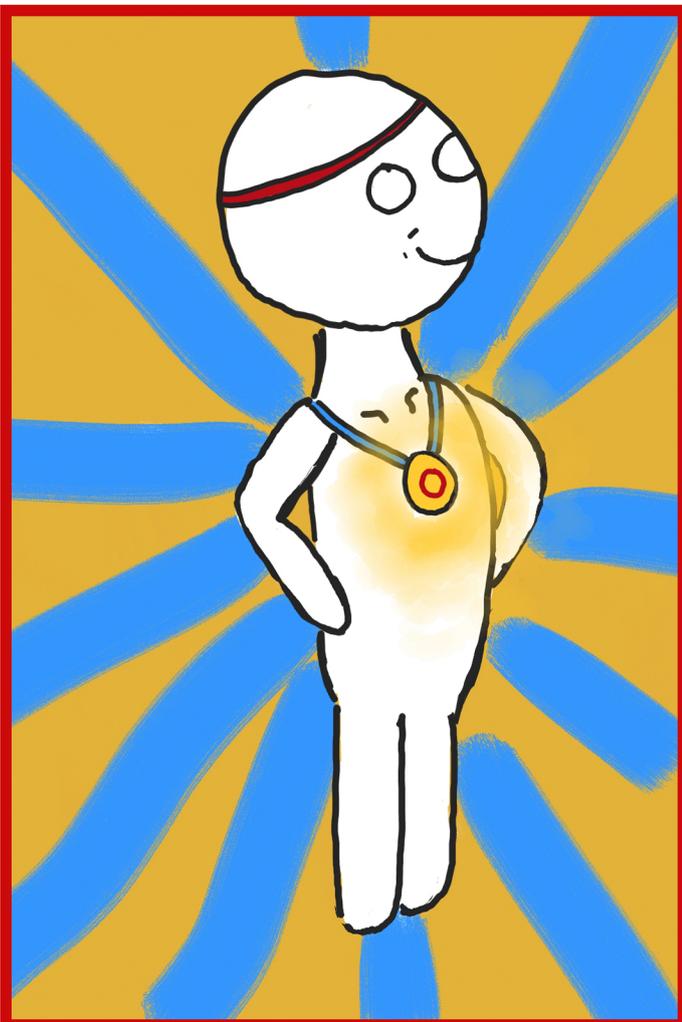
relieved



desperate



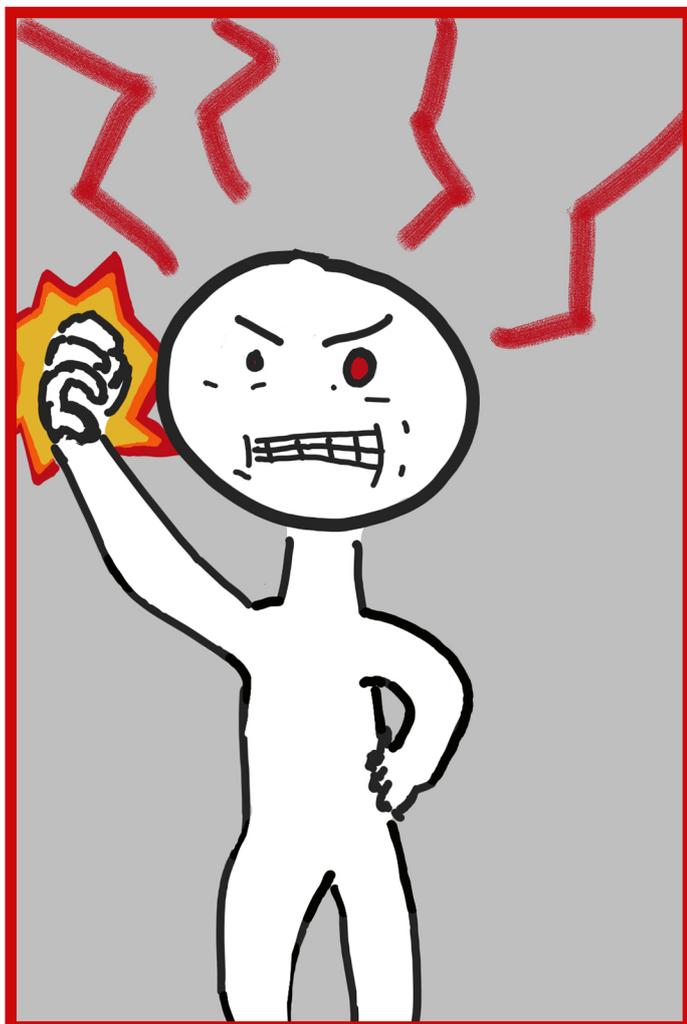
confused



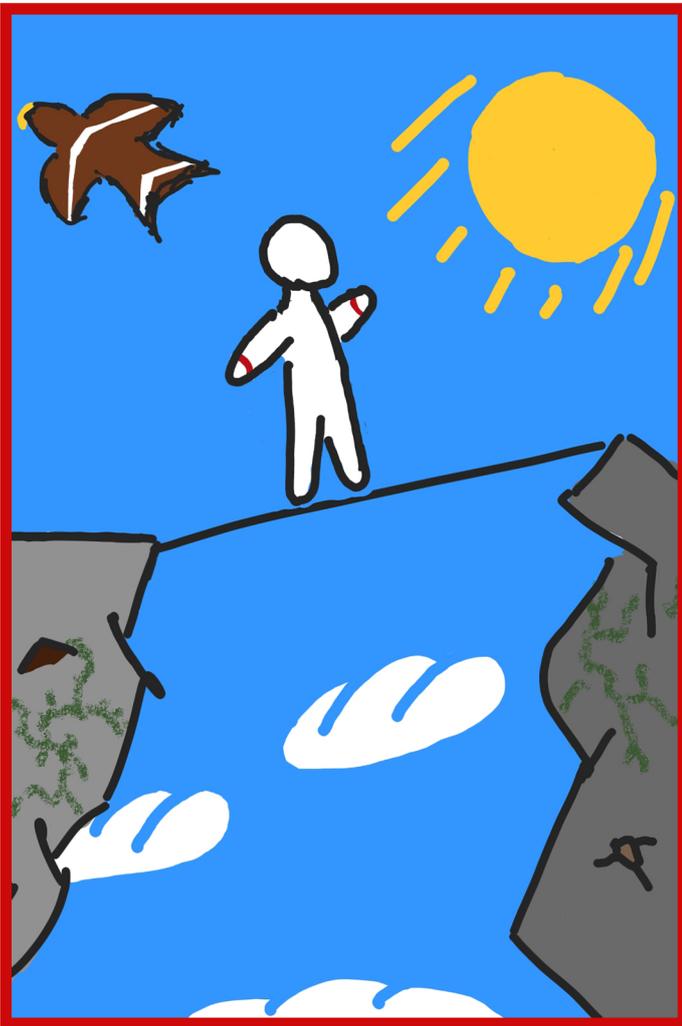
proud



disappointed



angry



brave



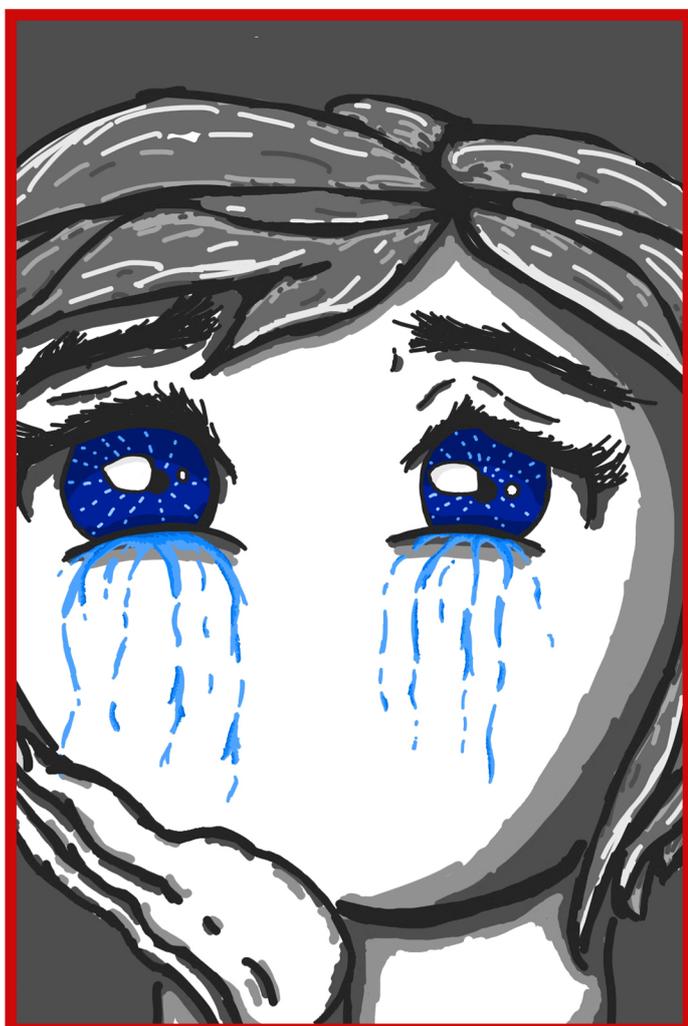
happy



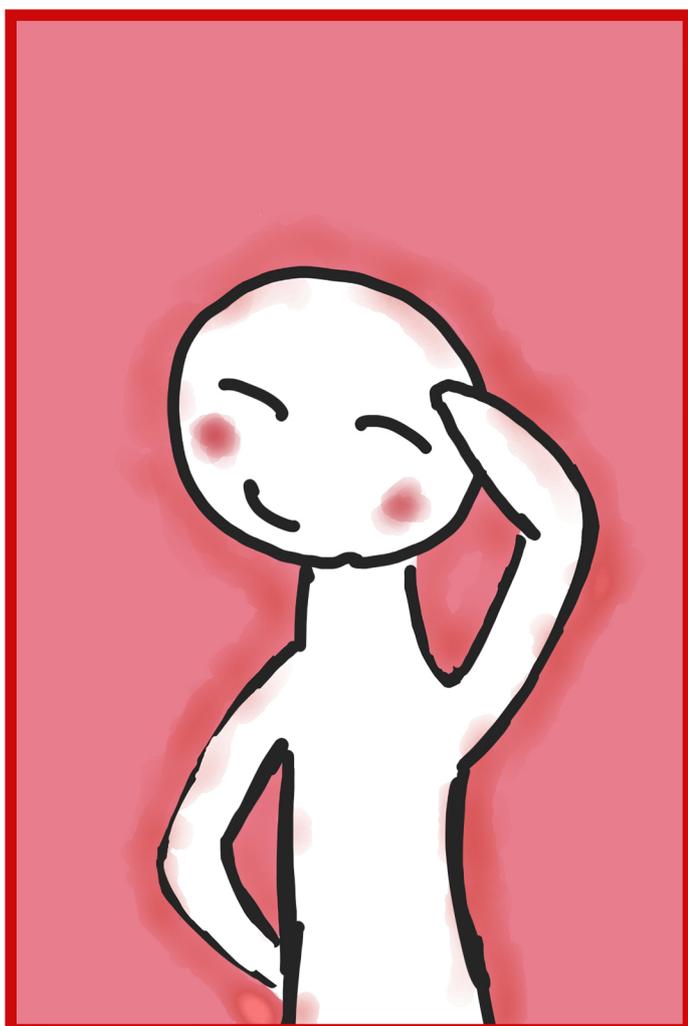
worried



lonely



sad



shy