

20 emotion card activities

You can do so much with a pack of emotion cards. These can either be downloaded from this site, made with photographs of the child, clip art, magazines or you could draw them.

It is a good idea to print and laminate two copies. This allows lots of matching type games. It is also best to start with just 2 or 3 emotions and build up. There are six basic emotions that all the other emotions link into. Those are sad, happy, angry, scared, surprised and disgusted so it is helpful if you have these six cards.

1. Turn over each card and name the emotion to the child. Ask the child to repeat.
2. Turn over each card, name the emotion and ask the child to make that face.
3. Turn over each card and ask the child to name the emotion.
4. Lay the cards face up, name an emotion and ask the child to find it.
5. Lay the cards face up, get the child to choose one but not tell you and they make the face. You have to guess which one.
6. Lay the cards face up, you choose a card but don't say which, make the face and the child has to pick the correct card.
7. Lay the cards face down, the child has to turn one over and name the emotion.
8. Lay two copies of the cards face down, the child has to turn over a card, name it and find the matching emotion.
9. Give the child a set of emotion cards and a mirror, allow them to turn over a card, make the face and check their reflection in a mirror.
10. Give the child a set of emotion cards and some plain paper, ask them to draw some of the faces and name them.

11. Give the child a set of emotion cards, a playdough mat and some playdough, ask them to make some of the faces with the playdough.
12. Play a snap game with two sets of the emotion cards.
13. Lay out 4 hoops with an emotion card in each, write some simple scenarios. Using a teddy ask the child to put teddy in the correct hoop. Scenarios could be 'Teddy has lost his favourite toy, how does he feel?'
14. Ask the child to pick an emotion card and tell you about a time they felt that way.
15. Using a teddy, put a negative emotion card in front of him and ask the child to talk to teddy in a way that would make him feel better.
16. Using a teddy, put a positive emotion in front of him and ask the child why teddy might feel that way?
17. Sort the cards into positive and negative emotions.
18. Ask the child to pick an emotion card and with you, act out that emotion. What could have happened for the child to feel that way?
19. Give the child all the negative emotions for example 'angry, scared, worried' and ask them what they could do if they felt that way?
20. Play a version of 'Go fish'. Print off 4 copies of each card. Deal out 4 cards to each player, put the rest in a stack in the middle (the pond). The child has to ask if anyone has got a 'sad' face? If they have they give it to the child who must tell you a time they felt like that. They can then put the pair together and put it facedown in front of them. If no one has a card then they 'go fish' and pick a card from the stack. If it matches then they have to tell a time that they felt like that, if not then they keep the card. The first person to get rid of all their cards is the winner.