



FEELINGS CARDS

How Do I Feel Today?

Ages 4-7 • Cut along each frame with help from an adult.



Joy

Something made me smile.

What made me happy today?



Sadness

I need some comfort.

Would I like a hug?



Anger

Something didn't go as I hoped.

I can take a break.



Fear

Something feels unsafe.

I can ask for help.



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Surprise

I discovered something unexpected.

What did I notice?



Calm

I feel comfortable right now.

What helps me feel calm?



Pride

I tried and took a step forward.

What did I learn today?



Gratitude

I appreciate someone or something.

What am I thankful for?



PLAY & TALK

A Little Conversation

A guide for parents and educators • There are no wrong answers.

01 Choose a card

Ask: "Which card looks like how you feel now?" The child can choose several cards or none at all.

02 Listen patiently

Say: "I'm listening." Do not expect feelings to change straight away or label any feelings as bad.

03 Find a small next step

Ask if they would like comfort, space, water or a break. Stay nearby and respect their answer.

04 Play with stories

Invent a situation: "Bunny lost a toy." Choose a card and think about how a friend could help.

Today I feel:

It helps me when: _____
