

## 8 Ways to Play and Learn With Emotions Cards

### 1. Making Faces

Place a set of cards face down on a stack. Turn over the top card. Have your child name the emotion and make a face to match.

### 2. Guess the Emotion

Spread out a set of cards face up. Take turns to choose a card but don't tell the other players which you have chosen. Make a face and see if the other players can guess which card you chose.

### 3. The Way I Feel Story Game

Spread out a set of cards face up. Take turns to choose a card but don't tell the other players which you have chosen. Tell a short story about a time you felt like that and see if the other players can guess which card you chose.

### 4. Matching Emotions

Print two sets of the cards (complete with the backing pattern on the reverse side) to make your own Concentration style matching game. To play, spread out all cards face down. Take turns turning over two cards at a time. If you find a match, you keep that pair of cards.



### 5. Story Emotions

Lay out 3-4 cards. Using a small figurine, tell a short story about the toy. For example – “Peppa’s balloon popped.” Ask your child to put the figurine on the card that shows how Peppa would feel if this happened.

### 6. Positives and Negatives

Sort a set of cards into positive and negative emotions. Discuss why each emotion is in the nominated group.

## 7. Supporting Our Friend's Emotions

Choose a negative emotion and talk about ways to speak to and support someone who we can see feels this way. Practice saying these words by role playing being a friend who supports the emotions of others.

## 8. Emotions Snap

Print multiple copies of the cards (complete with the backing pattern on the reverse side) to make your own Snap game card pack – you'll need at least four sets. Shuffle the cards for a game of Snap.

