

## FEELING CARDS

This activity can be used in a spare five minutes usually first thing in the morning or when the children come back after a break or lunchtime. They provide a time of contemplation for children and teacher alike to check in to how they are feeling – highlighting any possible areas of concern which may affect learning or classroom behaviour.

### How to use

Initially you may only want to use some of the cards **eg.** happy , sad and then gradually add others in **eg.** content, empty. The cards can either be given to an individual child to look at and pick out the one they most identify with at the time of the discussion or used as a whole class with the cards in the middle of the carpet.

By helping children to identify how they are **feeling in the present moment**, they can learn to **change the way they feel** by identifying what would then need to happen to feel better.

When using these cards give thought to the **different levels and depth** of feelings.

Ask for incidents when a person may have the **feeling** that is on the card - What would have to happen to **change this level** of feeling?

### Example

'It is Friday today, this makes me feel **happy**.'

What would have to happen to make you feel **excited**?

What would have to happen to make you feel **ecstatic**?



Also give a thought to how we **physically** respond to different levels of feelings.

**Happy** - mouth smiles, eyes twinkle, we feel warm, muscles relaxed.

**Excited** - as above plus tummy tickles, sweaty hands, fidgety, muscles twitch, altered concentration, slight increase in heart rate.

**Ecstatic** - very warm and sweaty, unable to concentrate, tummy churns, heart rate increases, muscles become tense.

All feelings will have a **physical impact** - by exploring the physical impact of feelings this help the child identify how they are feeling which in turn will broaden and support the children's' social and emotional development.

[Type text]

happy	excited	jolly	cheerful	relaxed
pleased	ecstatic	confident	content	loving
sad	angry	scared	frightened	shocked
bored	nervous	terrified	hurt	tearful
loved	valued	strong	calm	safe
proud	tickly	caring	peaceful	bubbly
sorry	ashamed	lonely	threatened	guilty
unhappy	annoyed	confused	disappointed	afraid
ashamed	empty	concerned	embarrassed	quiet
small	jealous	giddy	delighted	shy