Emotion Cards

Cut on the dashed lines. Sheet 1 of 2.



Happy



Sad



Angry



Scared



Surprised



Worried



Excited



Calm



Tired

Colour online, answer key and more:
colouringnest.com/flash-cards/emotion-cards
Colouring Nest – free for personal & classroom use

Emotion Cards: backs

Backs: print on the other side, flip on the long edge. Sheet 1 of 2.

Angry

I feel angry when...

Try 5 slow breaths.

Sad

I feel sad when...

Who could you tell?

Happy

I feel happy when...

What makes you smile?

Worried

I feel worried when...

Say your worry out loud.

Surprised

I feel surprised when...

What was unexpected?

Scared

I feel scared when...

Find a grown-up you trust.

Tired

I feel tired when...

Is it time to rest?

Calm

I feel calm when...

Breathe in, breathe out.

Excited

I feel excited when...

What are you looking forward to?

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Emotion Cards

Cut on the dashed lines. Sheet 2 of 2.



Proud



Silly



Shy



Frustrated



Bored



Confused



Loved

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Emotion Cards: backs

Backs: print on the other side, flip on the long edge. Sheet 2 of 2.

Shy

I feel shy when...

It is OK to go slowly.

Silly

I feel silly when...

What makes you laugh?

Proud

I feel proud when...

What did you do well?

Confused

I feel confused when...

What question could you ask?

Bored

I feel bored when...

What could you make or play?

Frustrated

I feel frustrated when...

Take a break, then try again.

Loved

I feel loved when...

Who makes you feel loved?

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