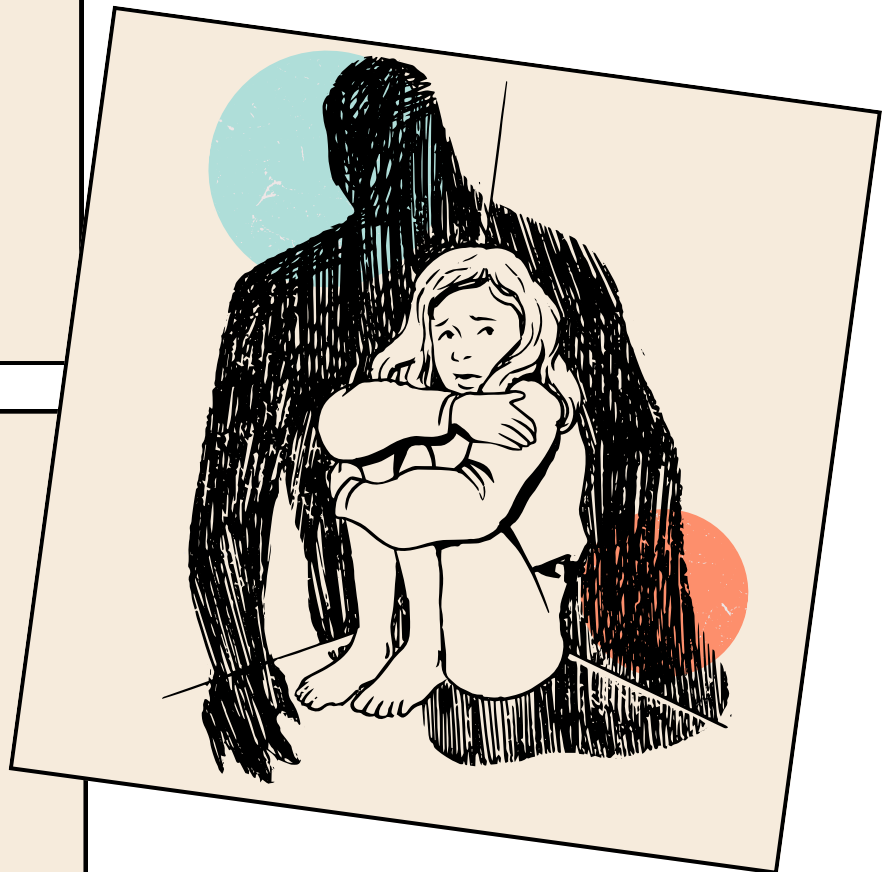
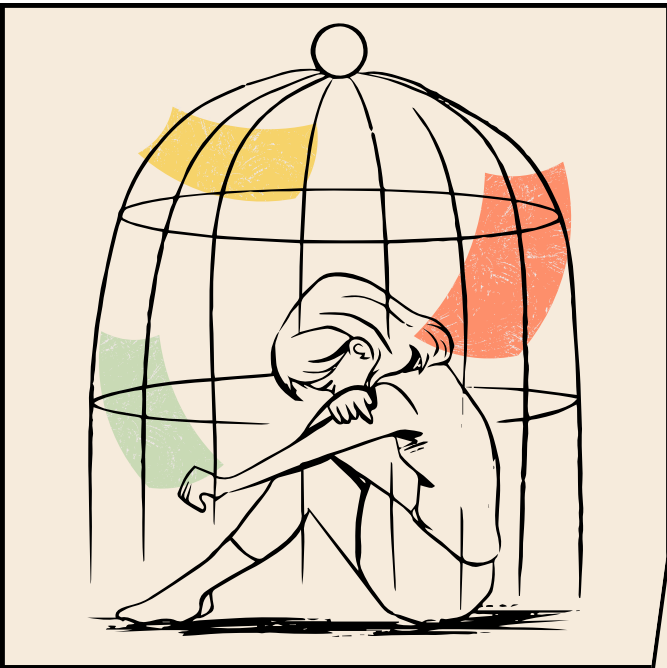


# THERAPEUTIC ILLUSTRATION CARDS

**72 CARDS**



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# About this Resource

This set of 77 free printable Therapeutic Illustration Cards (PDF) is designed to support meaningful conversations about emotions, feelings, thoughts, and personal experiences. Each card features a simple yet powerful drawing that captures different emotional states, making this resource a flexible tool for therapists, counsellors, social workers, teachers, and educators.

These printable therapy cards are open-ended, which means they can be adapted to different therapeutic approaches and tailored to the needs of each child, young person, or adult. They are especially helpful for individuals who may struggle to express their feelings in words.

## Possible Uses of the Emotion Cards

- *Starting conversations:* Invite a client to choose a card that reflects how they feel today, or one that represents their recent experiences.
- *Exploring emotions:* Ask the client to pick a card that shows a time they felt sad, angry, safe, supported, or hopeful. This can gently uncover underlying thoughts and feelings.
- *Storytelling and narrative work:* Encourage clients to use the pictures to tell a story about themselves or another character, making it easier to explore difficult topics.
- *Building empathy and understanding:* In groups, use the cards to show how the same image can be understood differently by each person, helping to build empathy and perspective-taking.
- *Goal setting and reflection:* Ask the client to select one card that represents how things are now, and another that shows how they would like things to be in the future.

These cards do not come with fixed meanings. Their strength lies in their flexibility: each illustration can carry a different meaning depending on the person, the context, and the conversation.

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