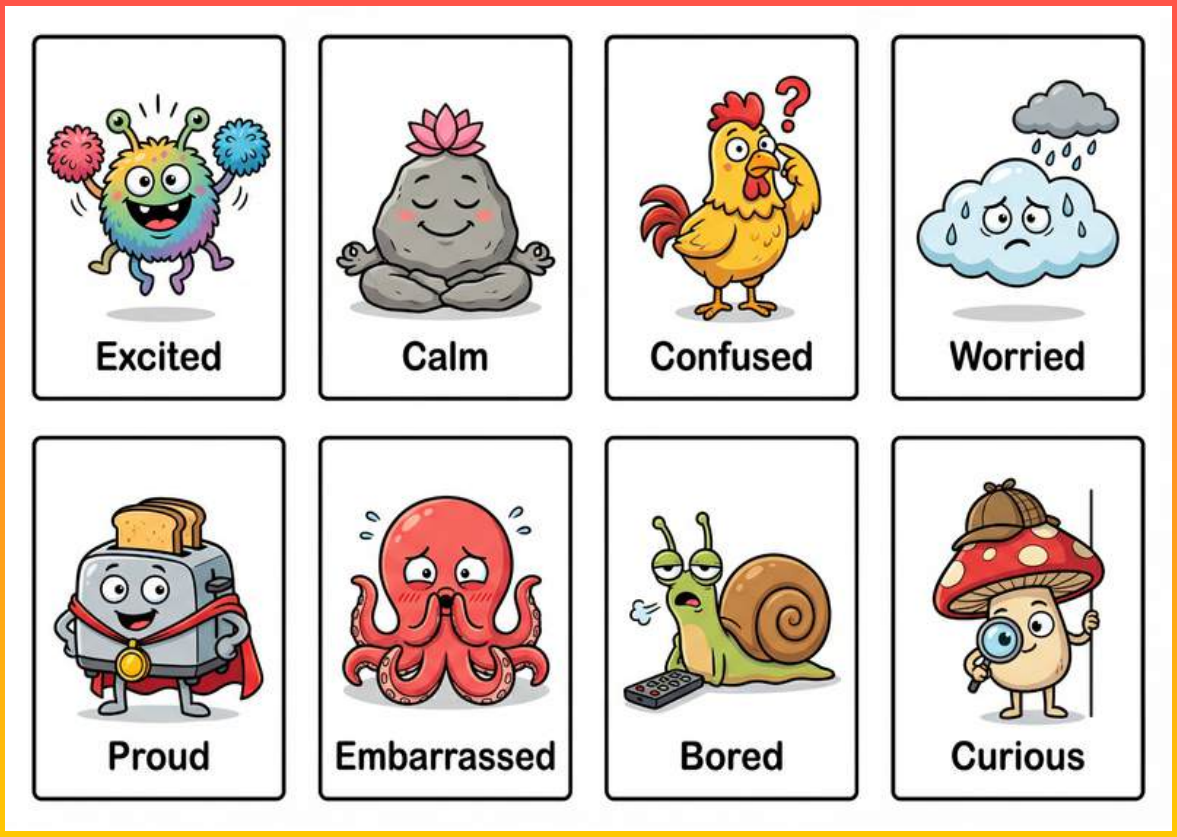

56 FUN FEELINGS CARDS

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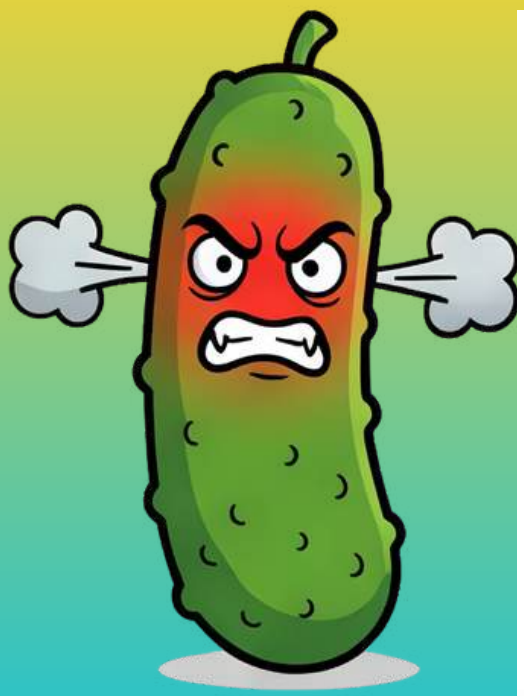
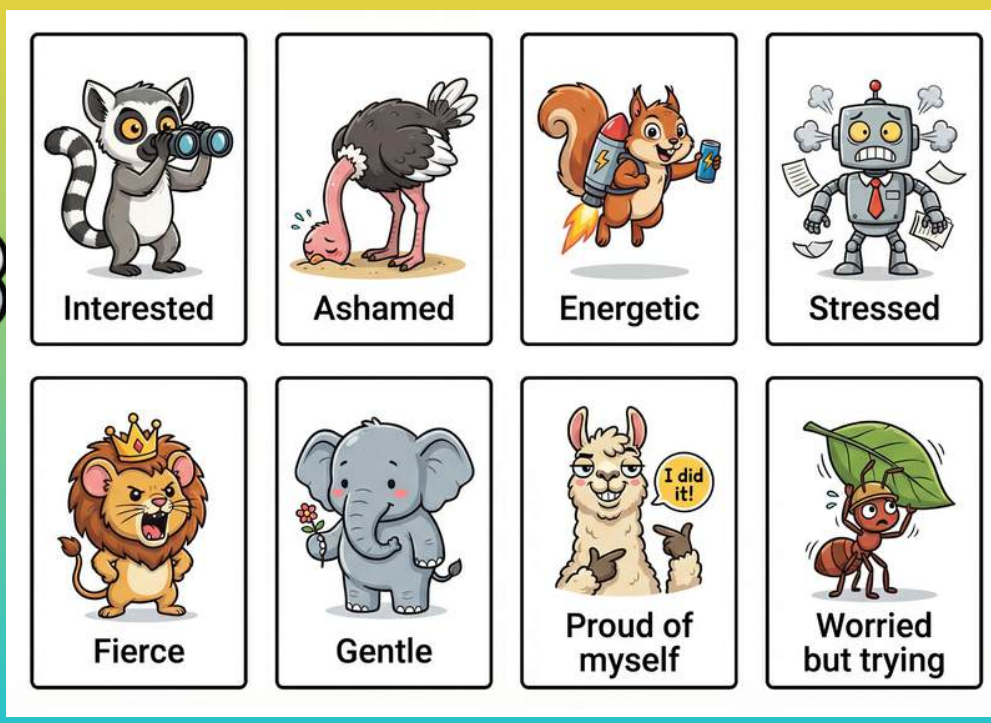
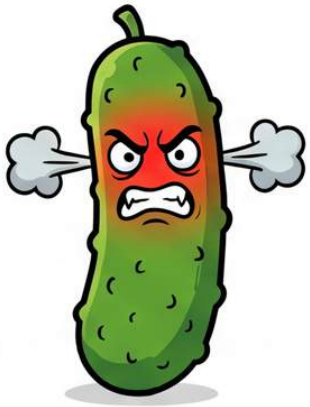




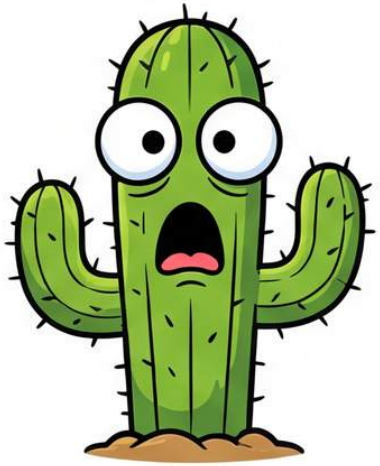
Happy

Sad



Angry

Scared



Surprised

Silly

Sleepy

Hungry

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Excited

Calm

Confused

Worried

Proud

Embarrassed

Bored

Curious

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Brave

Shy

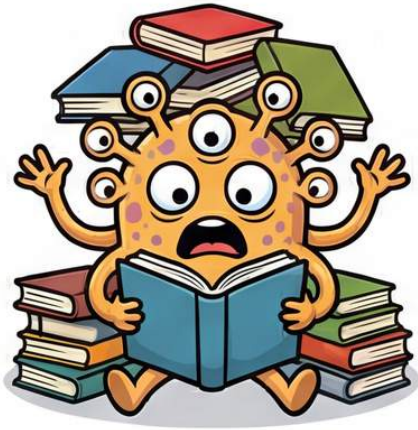
Lonely

Disappointed

Frustrated

Hopeful

Grateful



Overwhelmed

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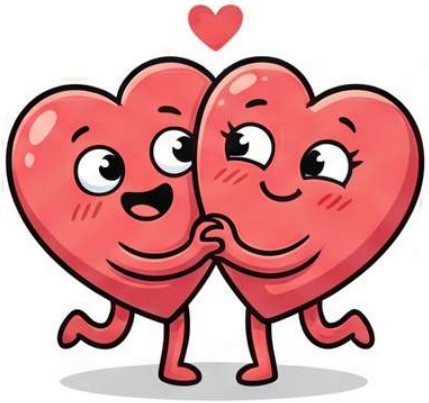
Cross

Nervous

Relaxed

Determined

Jealous



Loving

Shocked

Giggly

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Tired

Confident

Playful

Annoyed

Peaceful

Mischievous

Thoughtful

Hurt

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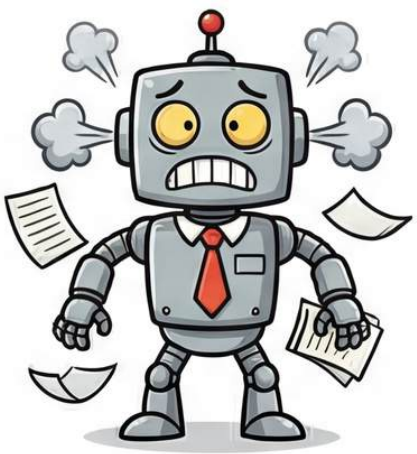
Interested

Ashamed

Energetic



Stressed

Fierce

Gentle

Proud of myself

Worried but trying

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Practical Ideas for Using the Fun Feelings Cards

1. Feelings check in with humour
The cards use silly characters like a shocked fish, a worried cloud or an angry pickle. This helps children share feelings without fear. Lay out a few cards and ask the child to choose one that matches how they feel.

2. Build emotional vocabulary
Use words shown in the cards such as Happy, Nervous, Relaxed, Giggly, Stressed and Calm. Talk about what each feeling looks like in the body, face and behaviour.

3. Explore triggers
If a child picks a card like Frustrated, Worried, Angry or Overwhelmed, explore what happened before the feeling. This supports self awareness and early problem solving.

4. Talk about coping skills
Use Calm, Peaceful, Relaxed or Gentle cards to discuss things that help the child feel settled, such as deep breathing, drawing, movement or sensory activities.

5. Create silly stories
Choose two or three cards and ask the child to create a short story. For example, an Embarrassed octopus meets a Brave hamster. This helps children understand emotions change.

6. Role play
Act out the feelings using the characters, such as a Nervous jellyfish or a Mischievous raccoon. This helps younger children understand both feelings and actions.

7. Use in behaviour reflection
After a difficult moment, offer cards like Angry, Cross, Hurt or Shocked. Ask the child to choose the one that fits the moment. This avoids blame and keeps the focus on learning.

8. Support friendships and social skills
Use cards such as Loving, Curious, Playful or Thoughtful to talk about how we treat other people and how feelings affect friendships.

9. Group and class activities
These cards work well for circle time, PSHE and SEL lessons. Each child picks a card and shares a time when they felt that emotion.

10. Matching and sorting games
Younger children can sort cards into categories such as strong feelings, calm feelings, silly feelings or tricky feelings. This builds emotional literacy.

11. Prepare for change
Use Nervous, Brave, Determined or Hopeful before appointments, school transitions or family changes. This helps children talk through worries.

12. Encourage confidence
Use Proud, Confident, Relaxed or Energetic cards to celebrate progress and build self esteem.