A significant part of helping kids to deal with their emotions (Jump In! Stand Strong! Rise Up!) is helping them to develop a robust feelings vocabulary. That is why we are excited to present our very own set of Hope 4 Hurting Kids Emotion Cards.

What Are Emotion Cards?

Each of these 54 cards includes the name of an emotion, a face demonstrating that emotion, and a brief definition of the feeling. Definition have been taken from, or adapted from entries in the WordNet® lexical database of English.

Why Are These Cards Important?

These cards can be a vital tool in the The Super Simple Feelings Management Technique. Specifically, they are useful for the following components of that strategy:

- “See It” - recognizing different emotions.
- “Say It” - expanding emotional vocabulary.
- “Feel It” – recognizing how emotions affect their bodies.
- “Mimic It” – showing what emotions look like.
- “Talk About It” - talking about their own experiences.

How Do You Use These Cards?

There are numerous ways to use these cards. Here are a few ideas:

- Use the cards in conjunction with our Scenario Cards (I Feel) cards and have kids match the emotion to a scenario or vice versa.
- Have kids group similar emotion cards.
- Use the cards with Super Simple Feelings Management Technique Activity Cards. Have the child select an emotion card and an activity card and do what it says.
- Use the cards to play Feelings Pictionary.
- Print out two sets of the cards and play the matching game of go fish with younger kids.
- Have the kids sort the cards in Emotions Sorting.
- Take turns selecting a card and talking about a time in your life, or a hypothetical situation, where you felt that emotion.
- Play the Row Row Row Your Boat Emotion Game.
- Play a game of charades with the Emotion Cards.
- Use the Emotion Cards in conjunction with Emotions Jenga.
- Play Leave the Room.
EMOTION CARDS
**Amazed**
Extremely surprised by something.

**Angry**
Having a strong feeling of annoyance or displeasure. Very mad.

**Annoyed**
Bothered, especially by small irritations.

**Anxious**
Worried that something bad is going to happen.

**Ashamed**
Feeling shame, guilt, embarrassment and/or remorse.

**Bored**
Generally uninterested and tired of the world.
EMOTION CARDS
Bothered
Feeling annoyed, inconvenienced, nervous or agitated.

Calm
Not stressed out or worried. At rest and peaceful.

Cheerful
Happy and in a good mood without a clear reason.

Confused
Not sure what is going on. Perplexed.

Cranky
Easily irritated or annoyed.

Curious
Wanting to understand something better or learn more about it.
EMOTION CARDS
Delighted

Extremely pleased or satisfied. Filled with wonder and delight.

Depressed

Feeling sad, hopeless and lost.

Disappointed

Feeling upset when you don’t get what you want or you fail at something.

Disgusted

Strongly disliking something.

Embarrassed

Feeling uncomfortable as a result of something you've done or shame.

Excited

Worked up and in a heightened state of emotion. Feeling happy about something.
HOPE 4 HURTING KIDS
EMOTION CARDS
Fearful

Worried or afraid about something that might or could happen.

Frustrated

Disappointed at not being able to do something or not getting something.

Furious

Very angry.

Glad

Showing joy, pleasure and happy appreciation.

Gloomy

Lacking cheer and joy. Not excited about the future.

Grateful

Experiencing warm feelings of satisfaction, happiness and appreciation.
EMOTION CARDS

HOPE 4 HURTING KIDS
Grouchy

Annoyed and irritable. Having a bad temper.

Grumpy

Annoyed and in a bad mood.

Happy

Feeling joy, pleasure or contentment.

Helpless

Feeling unable to manage or deal with something.

Hopeful

Positivity and optimism that good things will happen in the future.

Hurt

Unhappy and upset because of something done to you.
EMOTION CARDS

HOPE 4 HURTING KIDS

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EMOTION CARDS
Irritated

Impatient, angry or annoyed about something that has happened.

Jealous

Wanting something that someone else has.

Joyful

Feeling great happiness and delight.

Lonely

Sadness resulting from feeling abandoned or all alone.

Love

Have a great liking or affection for.

Mad

Angry or upset.
EMOTION CARDS
HOPE 4 HURTING KIDS
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Miserable

Very unhappy.

Nervous

Full of anxiety or fear about something that might happen.

Overwhelmed

Overcome by emotions. Feeling very strongly.

Peaceful

Feeling calm with the absence of fear, anxiety and stress.

Pleased

Experiencing pleasure. Satisfied.

Proud

Satisfied about something you've done or accomplished.
<table>
<thead>
<tr>
<th>Emotion</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Sad</td>
<td>Feeling unhappy or sorrowful.</td>
</tr>
<tr>
<td>Scared</td>
<td>Filled with fear, worry or concern. Afraid.</td>
</tr>
<tr>
<td>Shocked</td>
<td>Surprised by an unpleasant or disappointing event.</td>
</tr>
<tr>
<td>Shy</td>
<td>Modest, timid or bashful. Trying to avoid notice.</td>
</tr>
<tr>
<td>Surprised</td>
<td>Suddenly and unexpectedly filled with wonder, astonishment or awe.</td>
</tr>
<tr>
<td>Terrified</td>
<td>Overcome by intense fear.</td>
</tr>
</tbody>
</table>
Threatened

Feeling that something or someone is going to hurt you.

Thrilled

Experiencing intense pleasure or excitement.

Uncomfortable

Discomfort or embarrassment based on what is happening around you.

Unhappy

Sadness, sorrow or lack of contentment. A general unpleasant feeling.

Upset

Unhappy and worried by something making you feel uneasy, troubled or confused.

Worried

Upset or concerned about something that may happen.