

EMOTION CARDS

Introduction and Ideas

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 a 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 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](#).





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Amazed



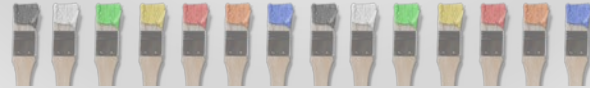
Extremely surprised by something.



Angry



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



Annoyed



Bothered, especially by small irritations.



Anxious



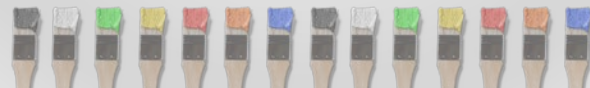
Worried that something bad is going to happen.



Ashamed



Feeling shame, guilt, embarrassment and/or remorse.



Bored



Generally uninterested and tired of the world.





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Bothered



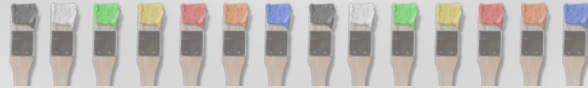
*Feeling annoyed,
inconvenienced, nervous or
agitated.*



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.*





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Delighted



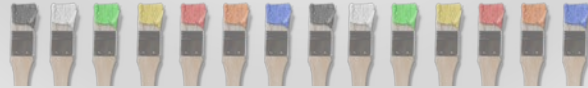
*Extremely pleased or satisfied.
Filled with wonder and delight.*



Depressed



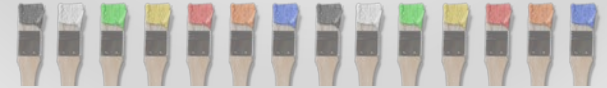
Feeling sad, hopeless and lost.



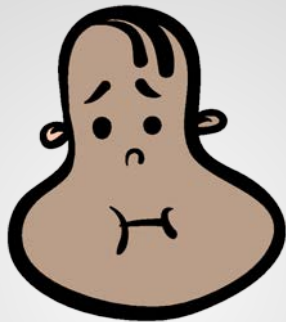
Disappointed



*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.*





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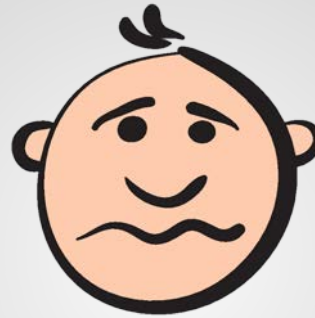
Fearful



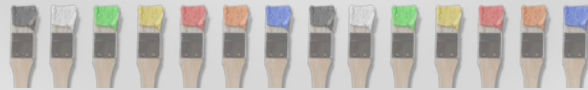
Worried or afraid about something that might or could happen.



Frustrated



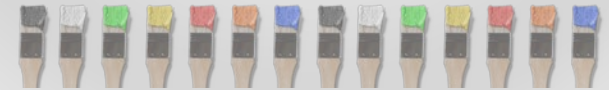
Disappointed at not being able to do something or not getting something.



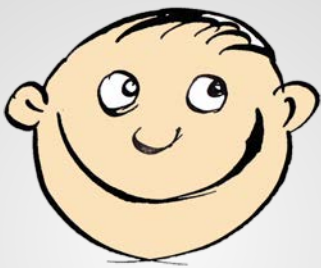
Furious



Very angry.



Glad



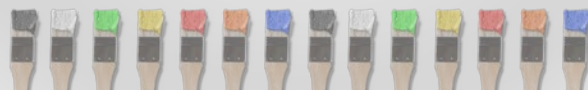
Showing joy, pleasure and happy appreciation.



Gloomy



Lacking cheer and joy. Not excited about the future.



Grateful



Experiencing warm feelings of satisfaction, happiness and appreciation.





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Grouchy



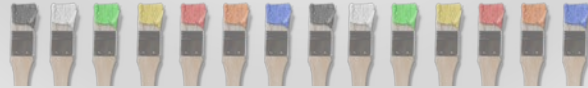
Annoyed and irritable. Having a bad temper.



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.





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Irritated



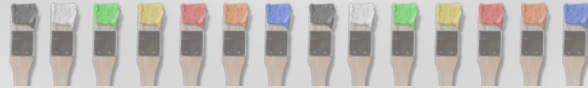
Impatient, angry or annoyed about something that has happened.



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.





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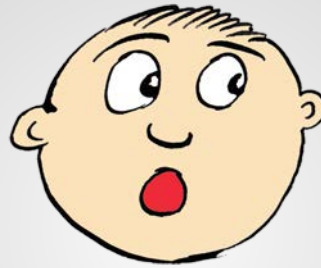
Miserable



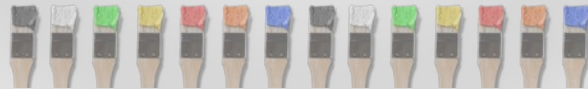
Very unhappy.



Nervous



Full of anxiety or fear about something that might happen.



Overwhelmed



Overcome by emotions. Feeling very strongly.



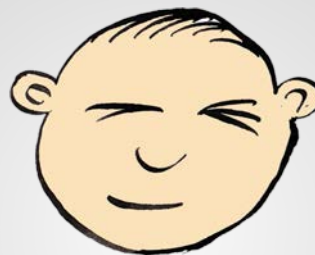
Peaceful



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



Pleased



*Experiencing pleasure.
Satisfied.*



Proud



Satisfied about something you've done or accomplished.





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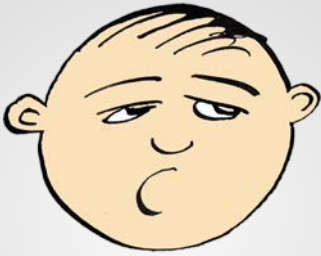
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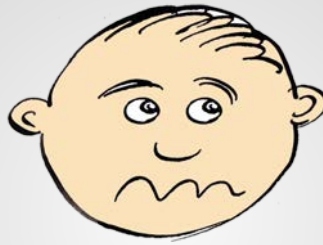
Sad



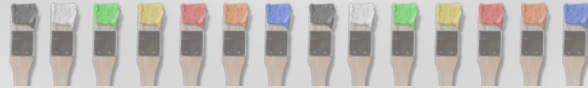
Feeling unhappy or sorrowful.



Scared



Filled with fear, worry or concern. Afraid.



Shocked



Surprised by an unpleasant or disappointing event.



Shy



*Modest, timid or bashful.
Trying to avoid notice.*



Surprised



*Suddenly and unexpectedly
filled with wonder,
astonishment or awe.*



Terrified



Overcome by intense fear.





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Threatened



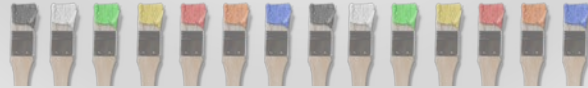
Feeling that something or someone is going to hurt you.



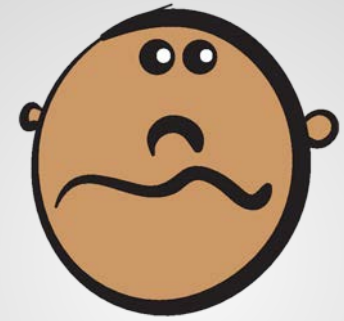
Thrilled



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.

