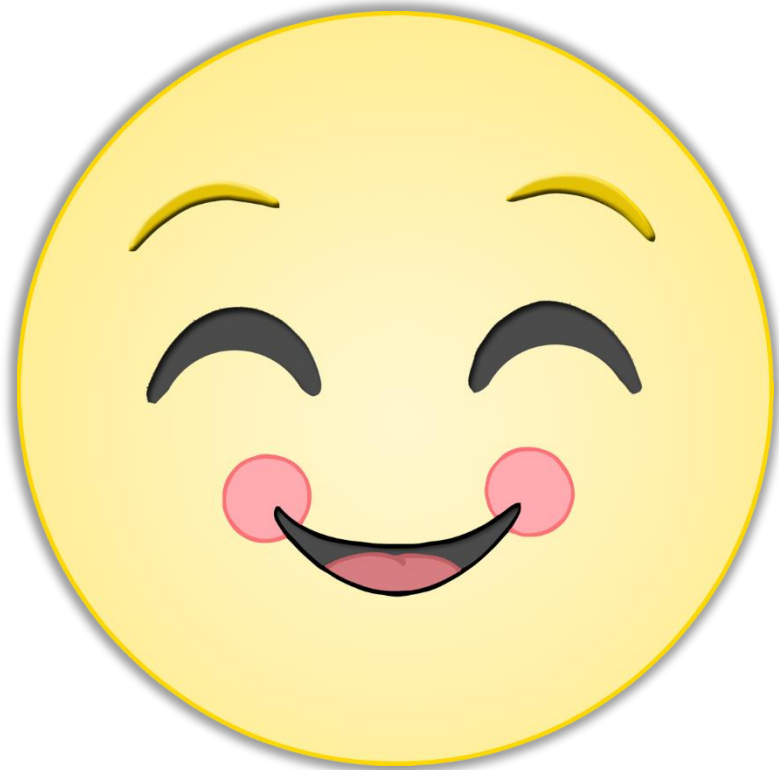


What happens when you feel... ? (Prompt Cards)

These cards are to be cut,
folded and laminated first.



The cards can then be used as part of an input about emotions and feelings. The intention is that the cards would be held with the image facing the child/children and the prompts facing the adult. The activity should help the child/children think carefully about what each emotion feels like to them when they experience them.



happy

What happens when
you feel **happy**?

e.g.

smile

dance

clap

warm feeling

laugh



sad

What happens when
you feel **sad**?

e.g.

cry

quiet

feel alone

grumpy

need a cuddle



excited

What happens when
you feel **excited**?

e.g.

laugh

jump

smile

fluttery tummy

loud



angry

What happens when
you feel **angry**?

e.g.

shout

frown

tense fists

feel hot

hard to think



worried

What happens when
you feel **worried**?

e.g.

frown

pursed lips

fidget

fluttery tummy

need a cuddle



confused

What happens when
you feel **confused**?

e.g.

look around
ask questions
feel lost
frown
need help



scared

What happens when
you feel **scared**?

e.g.

cry

open mouth

shout/scream

need a cuddle

run away