



MOOD CARDS

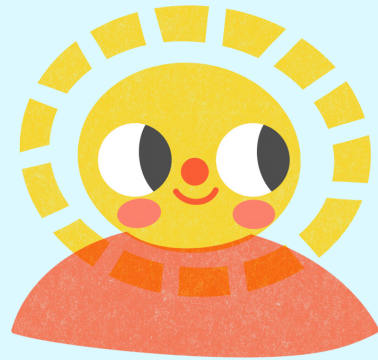


TATF
THEY ARE THE FUTURE

WWW.THEYARETHEFUTURE.CO.UK



JOYFUL



HAPPY



SAD



ANGRY



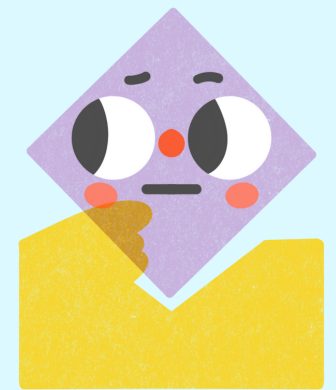
DISGUSTED



CONTENT



CALM



CONFUSED



CROSS



DISAPPOINTED



AMUSED



RELIEVED



BORED



FRUSTRATED



GLOOMY



LONELY



WORRIED



SURPRISED



NERVOUS



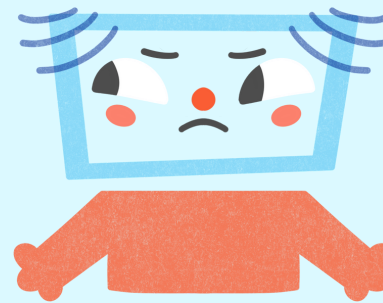
ASHAMED



ENVIOUS



HOPEFUL



BITTER



UPSET



EXCITED



GRATEFUL



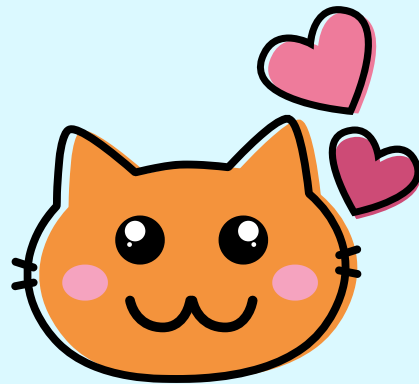
SATISFIED



PROUD



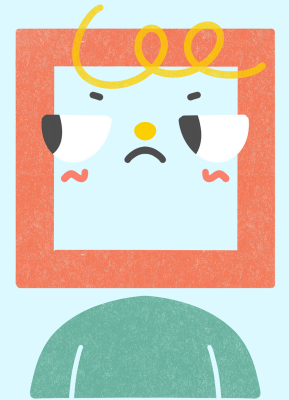
EMBARRASSED



LOVING



HEARTBROKEN



GUILTY

Three Ways To Use Your Mood Cards



1. Emotion Journal

Let's help your child explore their feelings with a simple 'Daily Emotion Journal' activity, perfect for winding down each evening.

1. **Set Up the Journal:** Just a simple notebook will do!
2. **Introduce the Emotion Cards:** Explain to your child that each of the 32 emotion flashcards represents a different feeling.
3. **Evening Reflection:** Establish a routine where, each evening, your child reflects on their day and selects a card that resonates with their most significant feeling.
4. **Discuss and Write:** Encourage your child to discuss why they chose that particular feeling, focusing on personal experiences that led to it. If they encountered difficult emotions, guide them through understanding and expressing these feelings in their journal. If your child finds writing difficult they can draw, or record an audio.
5. **Review and Reflect:** Regularly review the journal entries together, discussing your child's emotions and experiences. It will help build a stronger sense of emotional well-being, as your child learns to navigate and make sense of feelings.



Three Ways To Use Your Mood Cards



2. Emotion Mapping

A hands-on activity that offers a fresh and accessible way to discuss different emotions tied to a variety of settings.

- 1. Create the Setting:** Ask your child to draw a picture of a specific setting where emotions can run high, such as a school performance, sports day, new experiences such as a first day at school, a school trip, or starting a new club.
- 2. Select an Emotion:** Encourage your child to think about and choose emotion cards that represent how someone might feel in that chosen setting.
- 3. Place and Discuss:** Have your child place each emotion card on their drawing where they think it fits best, discussing the diverse emotional responses we might have in that situation.
- 4. Reflect for Insights:** Talk about their choices, asking why they placed each emotion in that spot. This reflection can lead to new insights in a positive way, helping your child understand the complexity of emotions in different settings.



Three Ways To Use Your Mood Cards



3. Story Reflections

In this activity children get to explore the emotions of characters within a brief story or video.

1. **Choose a Story:** Select a brief story or video with rich, relatable characters. It could be something brand new or a familiar favourite.
2. **Watch or Read Together:** Enjoy the story or video with your child, encouraging them to pay close attention to the characters' emotions.
3. **Discuss Characters' Feelings:** After the story, discuss how various characters might have felt, focusing on the emotion's internal experience.
4. **Relate to Personal Experiences:** Ask your child to relate the characters' feelings to their own experiences. Talk through how understanding these emotions can help them approach relationships and be a good friend by recognizing the needs of others.

