

Emotion Card Games

The Emotion Card Games are designed to help teach a variety of skills related to awareness of emotions and problem-solving concerning emotions. The cards are intended to be used in a flexible manner. Several suggested uses are provided below. Before using the cards, remove any cards that don't seem to suit the needs of the children you are working with. Some Question Cards appear more than once in the deck. To help with the Question Cards concerning responding to other people's emotions, you may wish to print out this separate free resource as a guide: <http://bit.ly/18sEuYz>

Activity 1: Using only the Emotion Word Cards, place the deck upside down and have take turns drawing cards and reading the emotion word. Have them tell about a time they felt that way, or have them ask someone else about when they felt that way. Suggestion: "Stack the deck" ahead of time to probe for specific emotions.

Activity 2: Place the decks of Emotion Word Cards and Question cards face down. Each player draws one Emotion Word Card and one Question Card. The question card gives the player a problem to solve, question to answer or activity to perform based on the particular emotion word.. (See examples on pages 2 and 3)

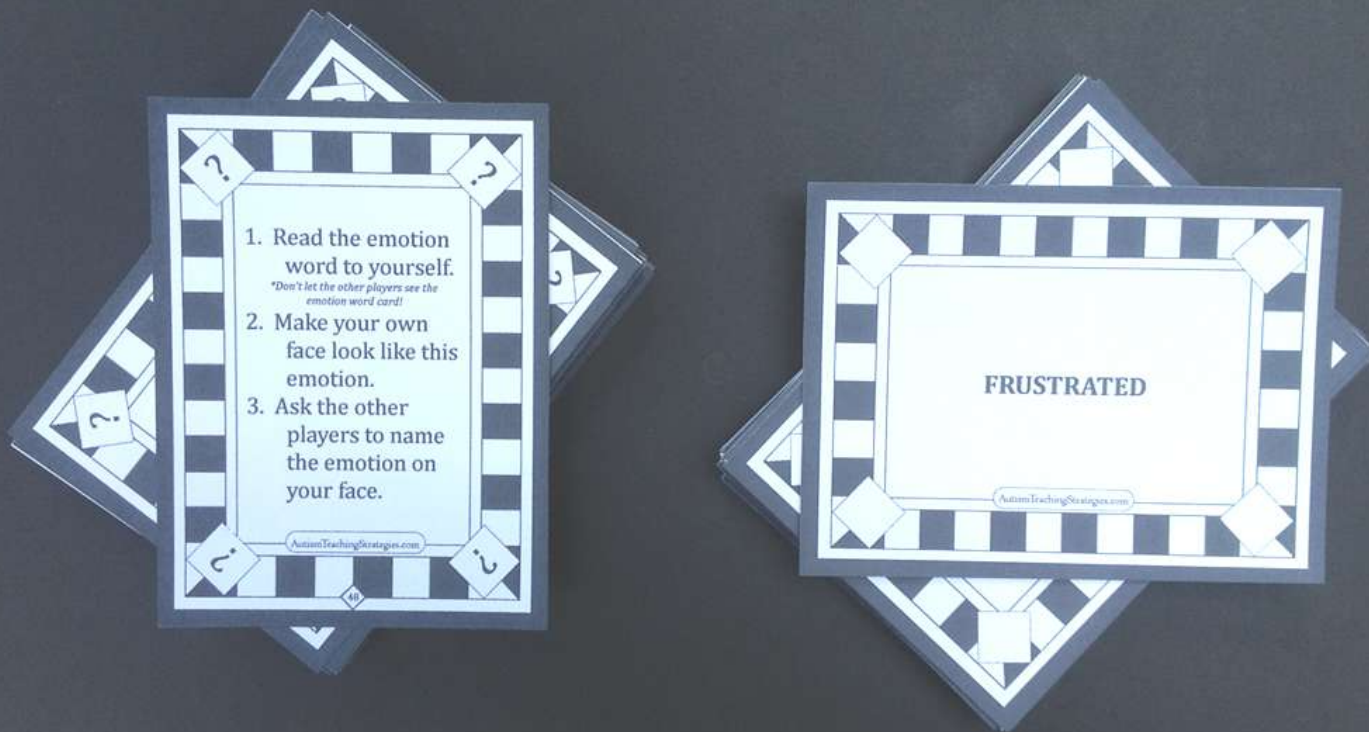
Activity 3: Using only the deck of Emotion Word Cards, have the players follow the directions on card 45. This is an engaging activity all by itself without the other Question Cards. Doing this activity with a mirror or video camera is helpful.

Activity 4: Emotion storytelling. Use only cards 21 to 28. This is a challenging activity, employing both emotional intelligence and cooperative skills, and can easily be done as an entirely separate activity. (See example on page 4)

I hope you enjoy these cards.

Joel Shaul, LCSW

Joel Shaul provides
trainings nationwide on the
topic of social skills
teaching for children with
ASD. Learn more:
<http://bit.ly/zGDQCi>



Activity 2: Place the decks of Emotion Word Cards and Question cards face down. Each player draws one Emotion Word Card and one Question Card. The question card gives the player a problem to solve, question to answer or activity to perform based on the particular emotion word.



Other combinations of cards that can occur when drawing cards from the two decks.



Activity 4: Emotion storytelling. Use only cards 21 to 28. This is a challenging activity, employing both emotional intelligence and cooperative skills, and can easily be done as an entirely separate activity.

FRUSTRATED

AutismTeachingStrategies.com

ANGRY

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SAD

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WORRIED

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MAD

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ANNOYED

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FURIOUS

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SCARED

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FRIGHTENED

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FRUSTRATED

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DISCOURAGED

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IN PAIN

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DISGUSTED

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GROSSED OUT

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BORED

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UPSET

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JEALOUS

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HURT FEELINGS

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EMBARRASSED

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ASHAMED

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RESTLESS

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HYPER

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REJECTED

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LONELY

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CONFUSED

AutismTeachingStrategies.com

SUSPICIOUS

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RESENTFUL

AutismTeachingStrategies.com

WANTING REVENGE

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SORRY

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DEPRESSED

AutismTeachingStrategies.com

LEFT OUT

AutismTeachingStrategies.com

TIRED

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HAPPY

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JOYFUL

AutismTeachingStrategies.com

PROUD

AutismTeachingStrategies.com

EXCITED

AutismTeachingStrategies.com

LOVED

AutismTeachingStrategies.com

RELAXED

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CONFIDENT

AutismTeachingStrategies.com

RELIEVED

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CARED FOR

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FASCINATED

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INTERESTED

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HOPEFUL

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Tell about a time
you felt
like this.

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Make up a story
about how
someone ended
up feeling like
this.

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Ask someone
with you to tell
you about a time
they felt like this.

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Tell about a time
you did
something that
made someone
feel like this.

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Tell about a time
you said
something that
made someone
feel like this.

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If someone in
your family felt
like this, what
could you do, or
say, or ask?

*Keep picking cards till
you get one with an
UNHAPPY emotion.

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If your mother or
father felt like this,
what could you do,
or say, or ask?

*Keep picking cards till you
get one with an UNHAPPY
emotion.

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Ask someone
about a time
someone in their
family felt
like this.

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Can an animal
feel like this?
If so, give an
example.

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If your friend on
the playground
looked like they
felt like this,
what could you
do or say?

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If your aunt or
uncle looked like
they felt like this,
what could you
do or say?

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The adult with
you will pretend
to be a child
feeling this way.
Do and say things
to help.

*Keep picking cards till
you get one with an
UNHAPPY emotion.

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12

Pretend you are feeling this way. The other people with you have to say things to help.
*Keep picking cards till you get one with an UNHAPPY emotion.

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13

Everybody playing this activity needs to make their face look like this emotion. The adult decides who is best.

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14

Ask the adult with you to tell about a time when he or she felt this way.

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Make up a story about a grown-up named Frank who feels this way.

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Tell about a time
you felt like this
when you were
at a relative's
home.

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Tell about a time
you felt like this
during a holiday.

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Tell about a time
you felt like this
when you were
at school.

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Tell about a time
you felt like this
when you were
at home.

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Make up a story
about a kid
named Chris who
feels this way.

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21

Make up a story
about a kid
named Taylor
who feels
this way.

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22

Make up a story
about a kid
named Terry
who feels this
way.

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23

Make up a story
about a kid
named Francis
who feels this
way.

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1. Draw 3 Emotion Word Cards.
2. Tell a short, three-part story that describes how a person ended up feeling these three different ways.

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1. Draw 2 Emotion Word Cards.
2. Tell a short, two-part story that describes how a person ended up feeling these two different ways.

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1. Count the number of players.
2. Draw this many Emotion Word Cards.
3. Taking turns, tell a short story together about someone who has these different feelings. You get the first turn.

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1. Count the number of players.
2. Draw this many Emotion Word Cards.
3. Taking turns, tell a short story together about someone who has these different feelings. You get the last turn.

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The adult with you
will pretend to be
a person feeling
like this.

Try to help.

*Keep picking cards till you
get one with an UNHAPPY
emotion.

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The adult with you
will pretend to be
a person feeling
like this.

Try to help.

*Keep picking cards till you
get one with an UNHAPPY
emotion.

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The adult with you
will pretend to be
a person feeling
like this.

Try to help.

*Keep picking cards till you
get one with an UNHAPPY
emotion.

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The adult with you
will pretend to be
a person feeling
like this.

Try to help.

*Keep picking cards till you
get one with an UNHAPPY
emotion.

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Tell about a time
you felt like this
when you were
at someone else's
house.

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Tell about a time
you felt this way
when you were
in a store or in
the car with your
family.

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34

Tell about a time
you started to feel
like this but then
you made it get
better.

*Keep picking cards till
you get one with an
UNHAPPY emotion.

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35

Tell about a time
you felt like this
and it got worse
and worse.

*Keep picking cards till
you get one with an
UNHAPPY emotion.

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36

Ask someone
about a time they
felt like this.

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37

Tell about a movie,
TV show or book
in which someone
felt like this.

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38

If you had this
feeling and it was
getting worse,
what could you do
to get help?

*Keep picking cards till you
get one with an UNHAPPY
emotion.

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39

Pretend you are a
teacher and one of
your students feels
like this. How can
you help? (The
adult with you can
play the student.)

*Keep picking cards till you
get one with an UNHAPPY
emotion.

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Tell about a movie
you have seen in
which someone
felt like this.

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Tell about a TV
show you have
seen in which
someone
felt like this.

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Tell about a book
or comic you have
read in which
someone
felt like this.

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Ask someone
about a movie
or TV show that
had someone
feeling like this.

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1. Read the emotion word to yourself.

**Don't let the other players see the emotion word card!*

2. Make your own face look like this emotion.

3. Ask the other players to name the emotion on your face.

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1. Read the emotion word to yourself.

**Don't let the other players see the emotion word card!*

2. Make your own face look like this emotion.

3. Ask the other players to name the emotion on your face.

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1. Read the emotion word to yourself.

**Don't let the other kids see the emotion word card!*

2. Make your own face look like this emotion.

3. Ask the other players to name the emotion on your face.

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1. Read the emotion word to yourself.

**Don't let the other players see the emotion word card!*

2. Make your own face look like this emotion.

3. Ask the other players to name the emotion on your face.

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