

## 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)

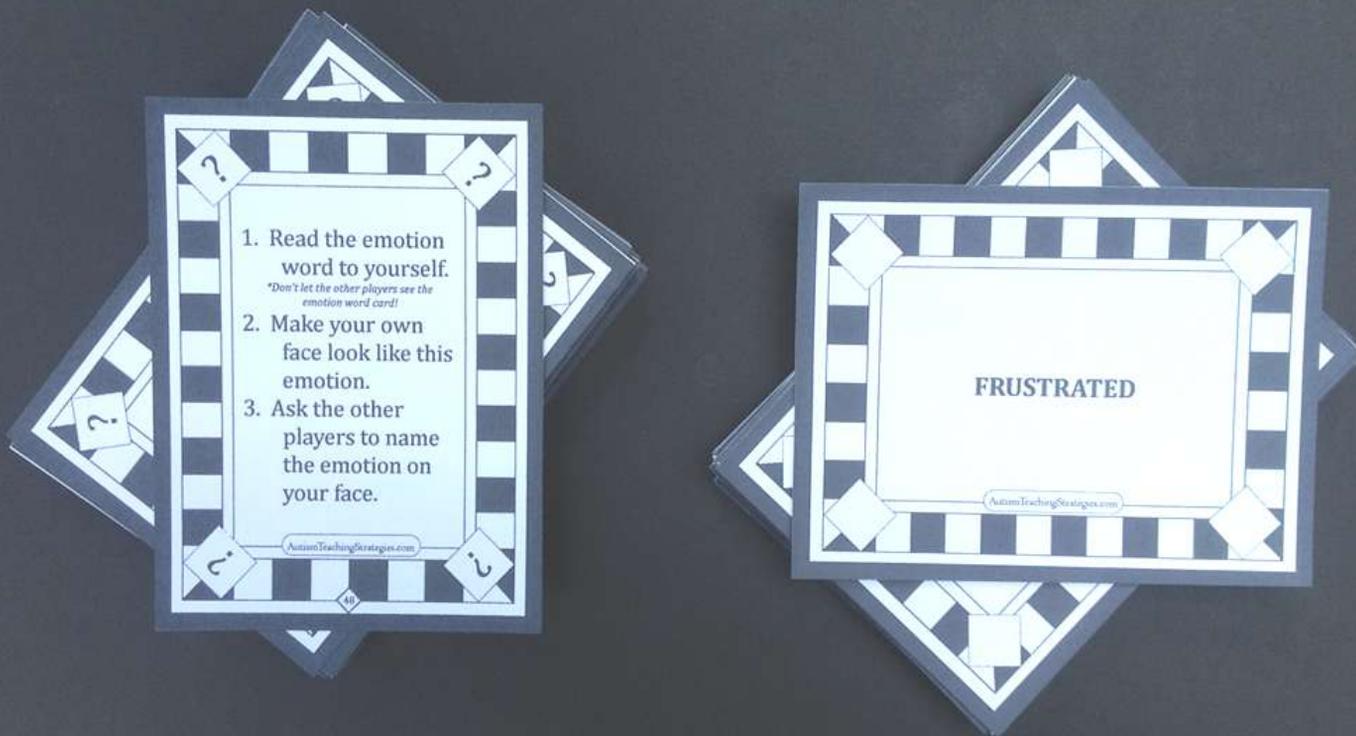
Activity 3: Using only the deck of Emotion Word Cards, have the players follow the directions on card 45. This is an engaging activity all by itself without the other Question Cards. Doing this activity with a mirror or video camera is helpful.

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)

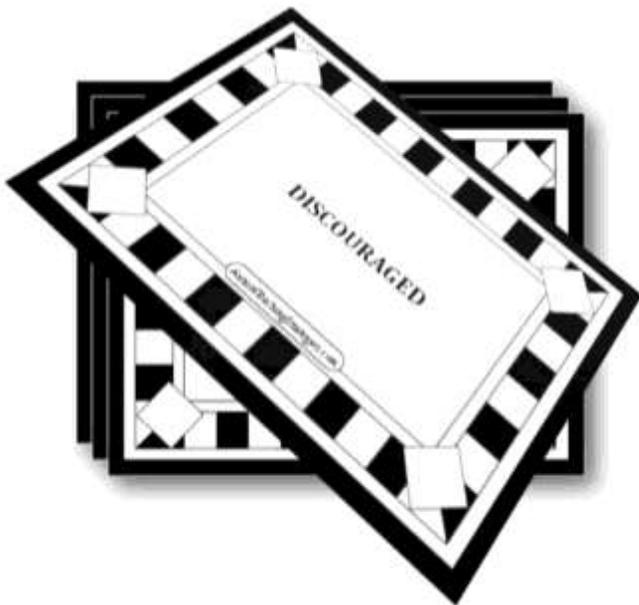
I hope you enjoy these cards.

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**

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**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**

AutismTeachingStrategies.com

**LONELY**

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**CONFUSED**

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**SUSPICIOUS**

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**RESENTFUL**

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**WANTING REVENGE**

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**SORRY**

AutismTeachingStrategies.com

**DEPRESSED**

AutismTeachingStrategies.com

**LEFT OUT**

AutismTeachingStrategies.com

**TIRED**

AutismTeachingStrategies.com

**HAPPY**

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**JOYFUL**

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**PROUD**

AutismTeachingStrategies.com

**EXCITED**

AutismTeachingStrategies.com

**LOVED**

AutismTeachingStrategies.com

**RELAXED**

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**CONFIDENT**

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**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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1

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

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2

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

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3

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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11

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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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20

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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28

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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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45

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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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