

Emotions

- Reminder sheet -



Emotions are an important part of life for both young and old alike. Knowing how to listen to your emotions and decode them helps maintain harmony with yourself and your family.

Emotions influence our behaviours, thoughts and relationships with others. It is important for children to learn to identify and recognize them. Here are twelve emotion flashcards that will help you discuss emotions with your children.

How to use the emotion flashcards:

1. **When using them for the first time**, choose a moment when your child is calm.
2. **Explain to your child** that you will use emotion flashcards to communicate better.
3. **Together**, look at each of the emotion flashcards.
4. Choose a positive moment that occurred during the day and **practice**. Suggest to your child that he choose one or more cards that represent how he felt at that specific moment.
5. **Let him explain** his emotions and his interpretation of the situation. **Listen to him** and **validate** his emotions.
6. Use the emotion flashcards for **any moment** when you believe that your child could benefit from expressing how he feels. **Leave them out** for your child so he can use them as needed.

When can I use the emotion flashcards?

- ✓ When getting home from school
- ✓ After a conflict
- ✓ When having a nice time with family
- ✓ To talk about each other's day
- ✓ When your child does not seem like himself
- ✓ When your child receives good news
- ✓ When your child receives bad news
- ✓ To express how you feel about a certain behaviour
- ✓ Any other moment



Don't hesitate to use the cards for your own emotions to **show your child the example to follow in expressing emotions in a healthy way.**

Emotions

- Activity sheet -



1. Ask your child to cut out their cards.
2. Leave them out.
3. Use them with your child when you believe that it would be appropriate to do so.



Proud



Angry



Happy



Afraid



Shy



Sad



Emotions

- Activity sheet -



1. Cut out your emotion cards.
2. Leave them out.
3. Use them to show your child the example.



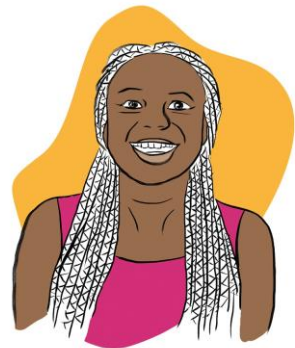
Proud



Angry



Happy



Afraid



Shy



Sad

