



When I am
hurt I...

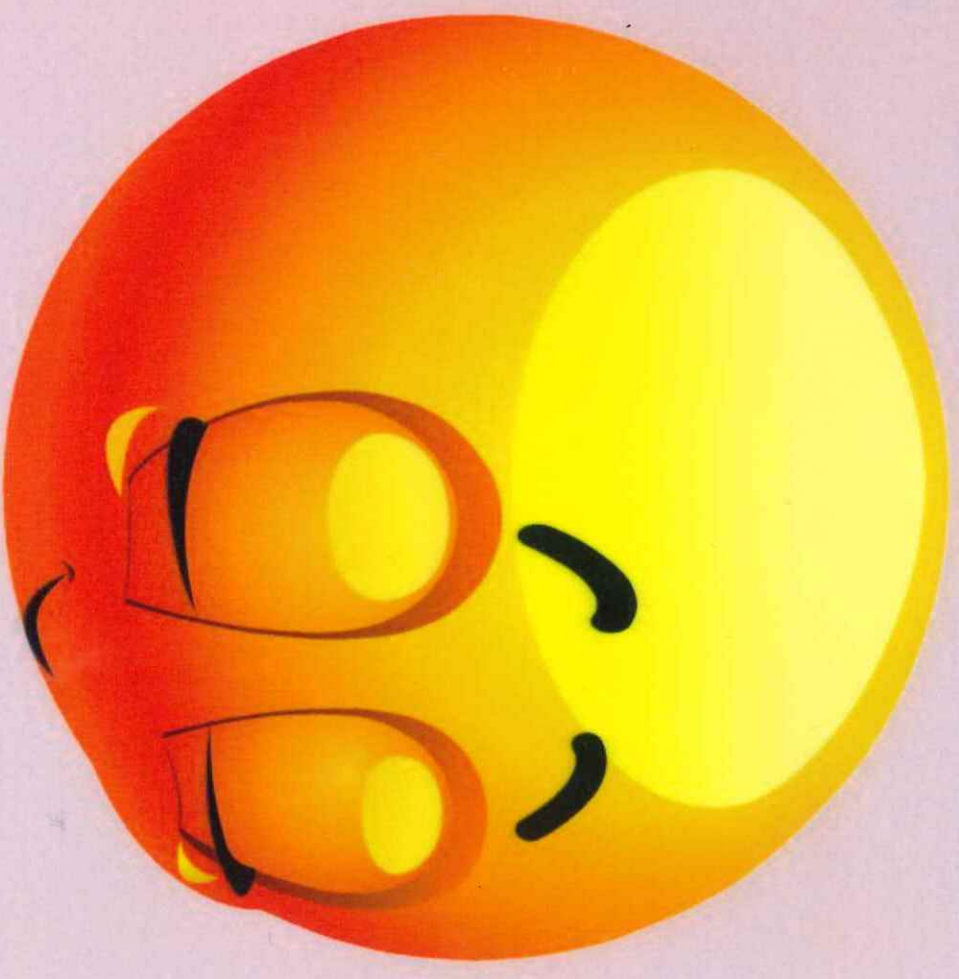


When I am
scared I...





When I am
bored I...



When I am
shy I...



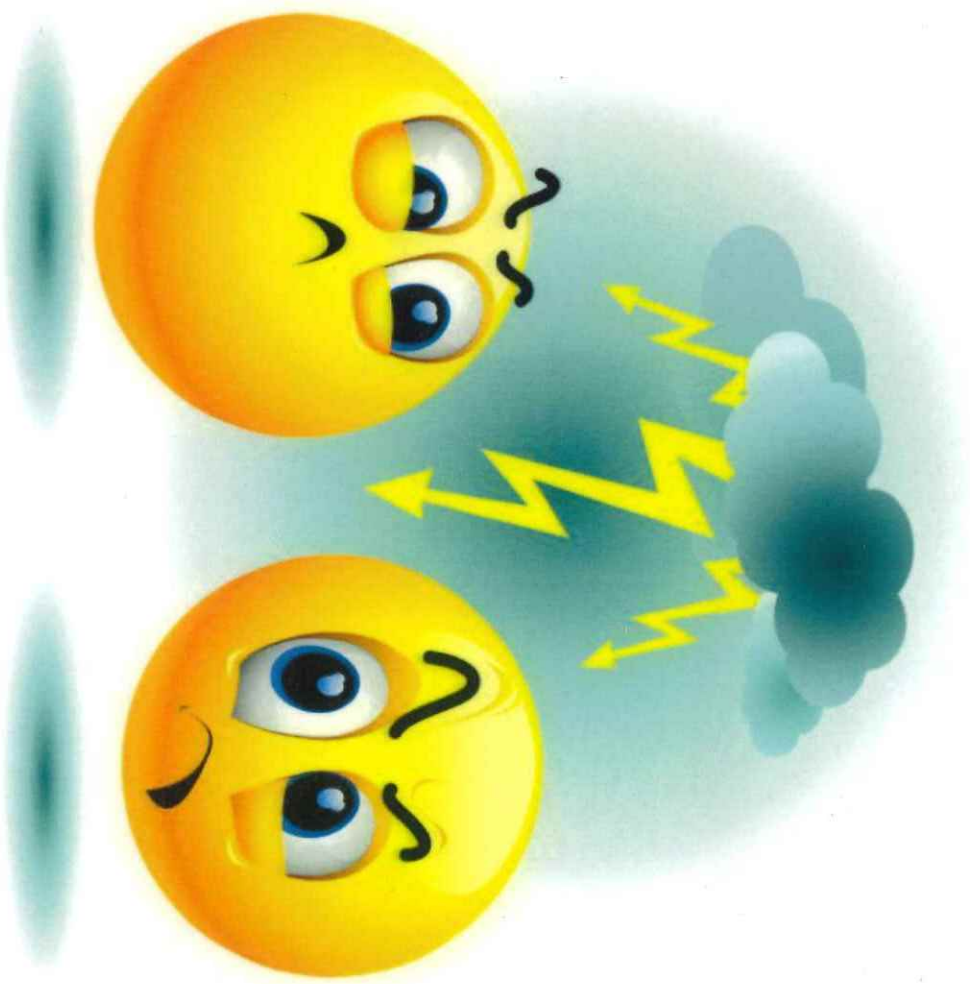
When I am
relaxed I...



When I am
troubled I...



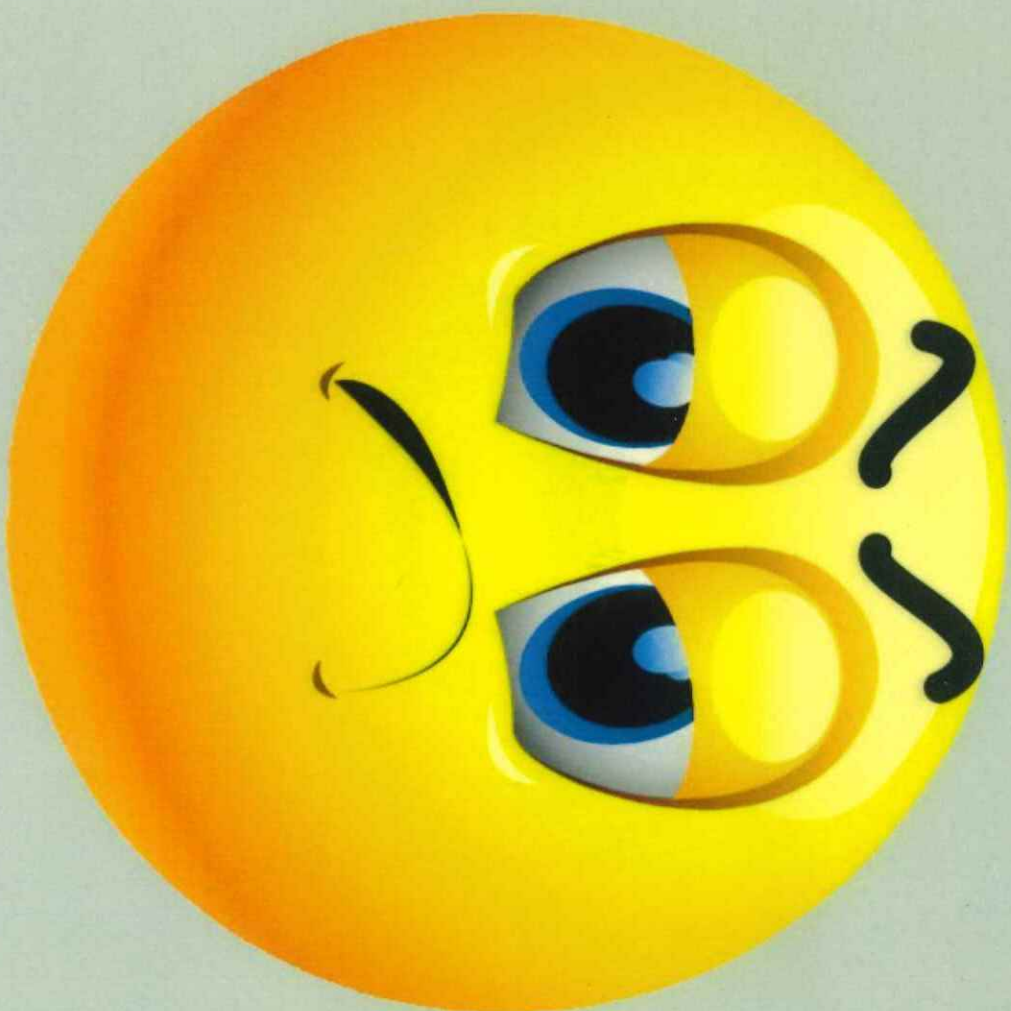
When I am
lonely I...



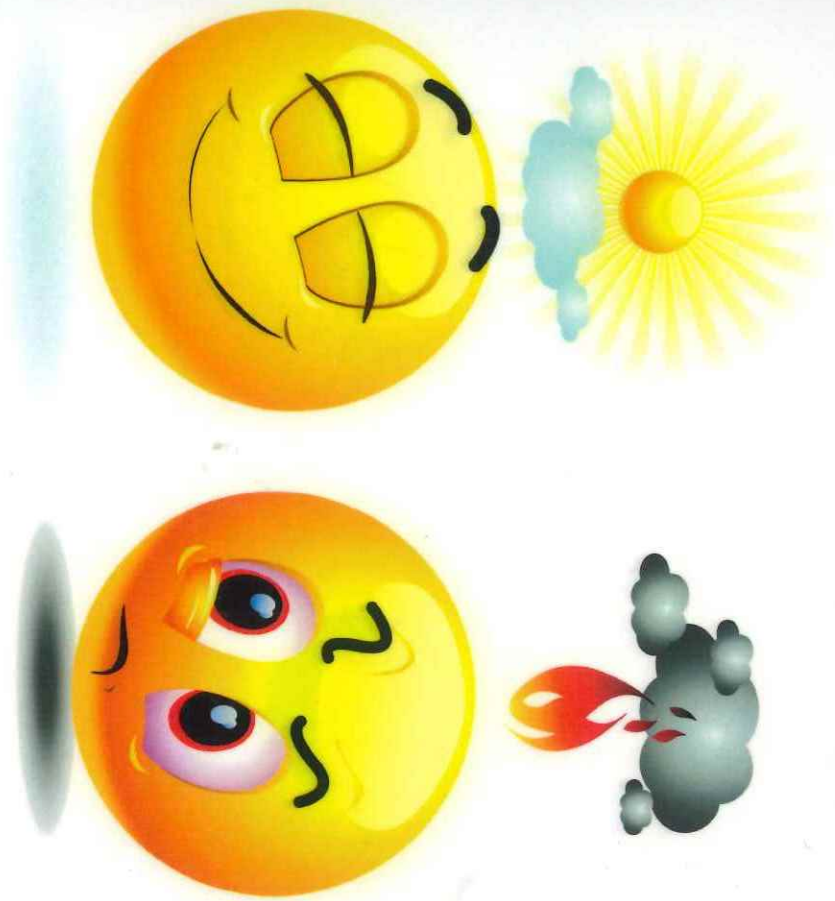
When I am
cross I...



When I am
irritated I...



When I am
grumpy I...



When I am
jealous I...



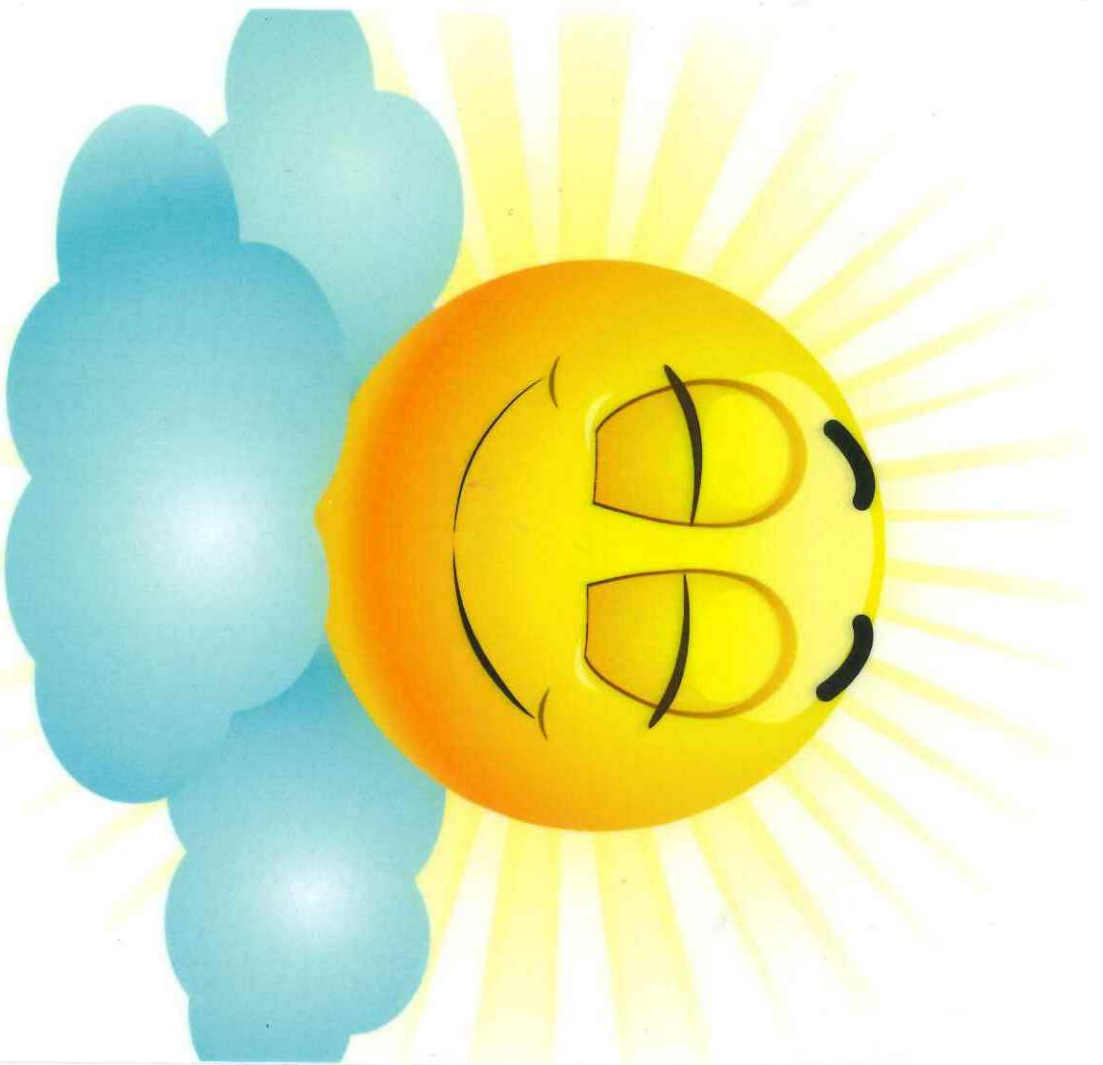
When I am
proud I...



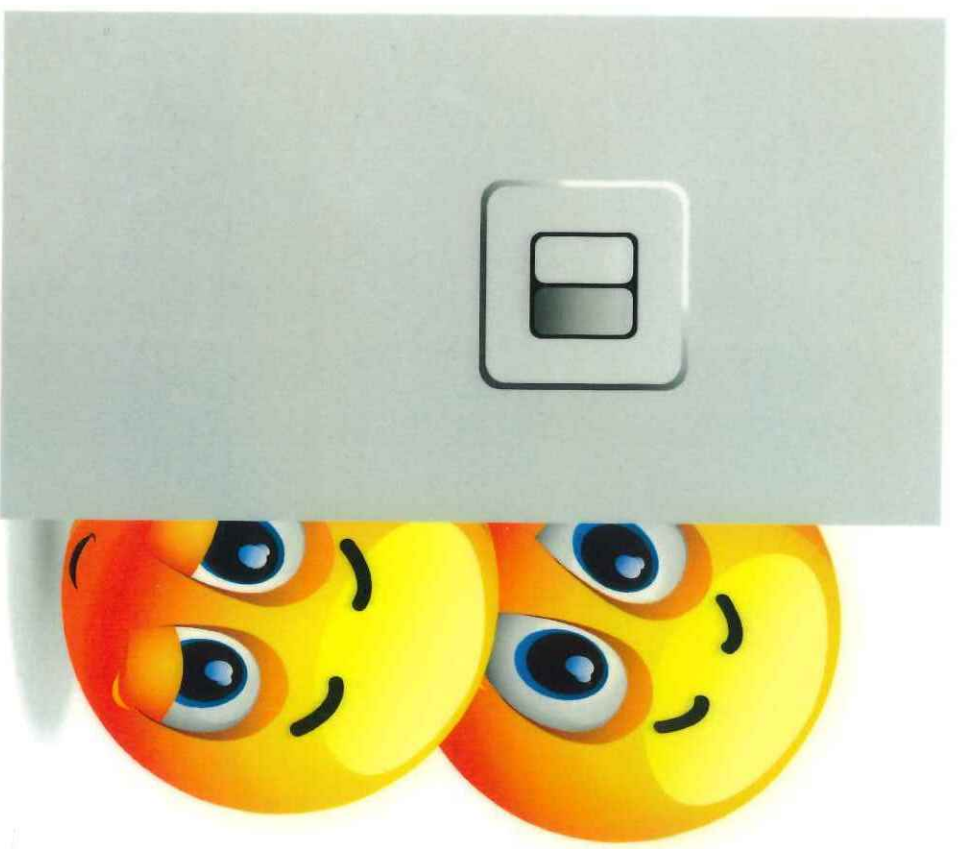
When I am
unhappy I...



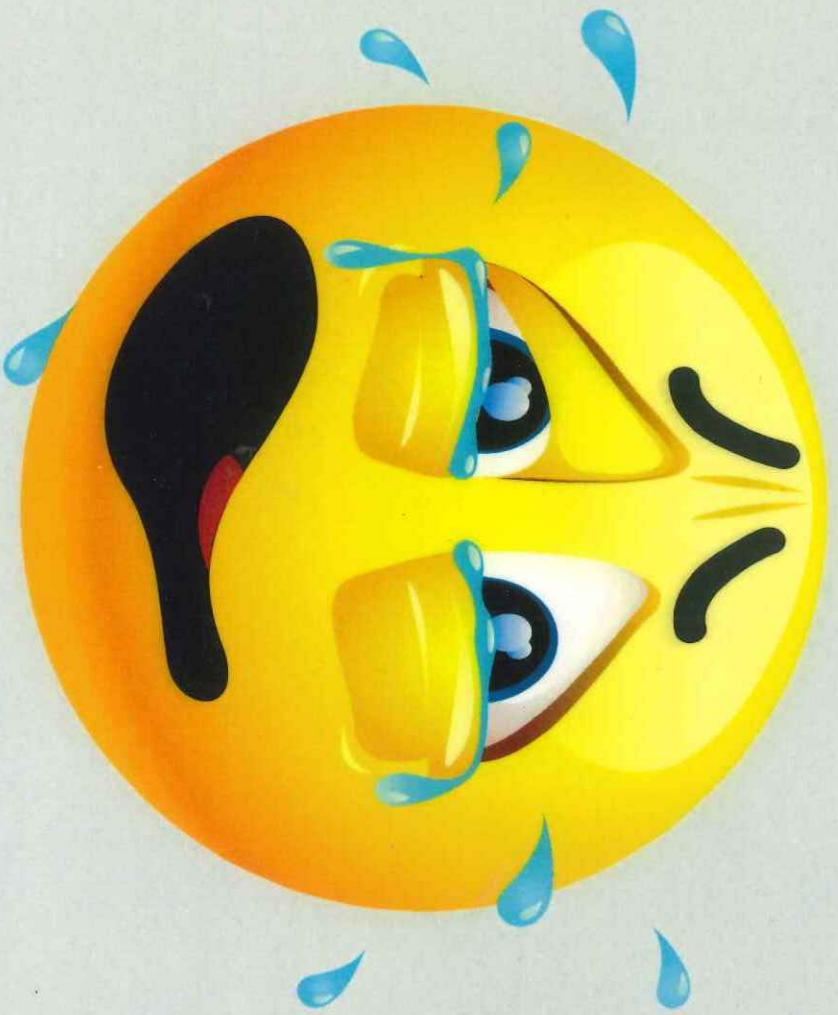
When I am
confused I...



When I am
calm I...



When I am
embarrassed I...



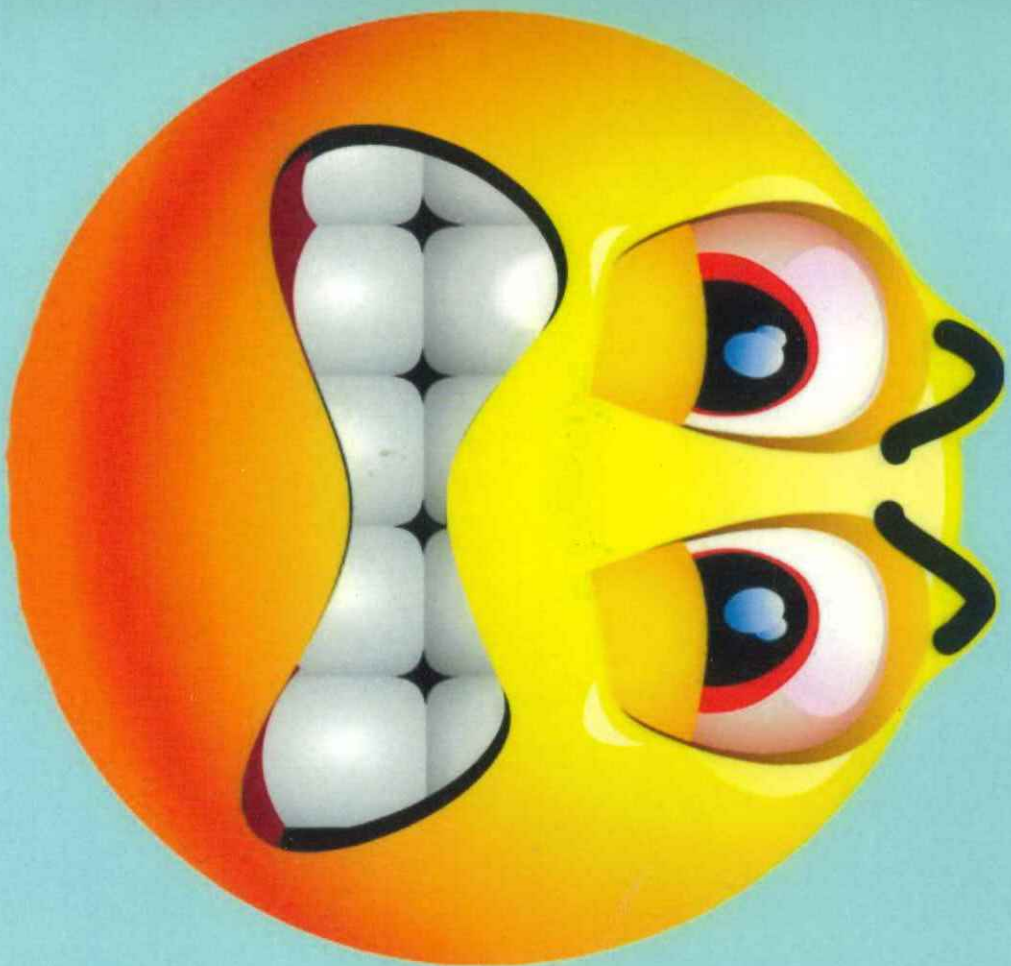
When I am

sad I...



When I am

worried I...



When I am
angry I...



When I am
happy I...

MY FACE EMOTIONAL LITERACY DISCUSSION CARDS

A set of 20 fun and appealing emotions discussion cards to use with children aged up to 11. A FREE CD-Rom is included for use on individual computers or to project onto a whiteboard for whole-class learning.

The set contains 20 cards depicting:

- Anger • Calm • Boredom • Hurt • Troubled • Cross • Sad • Grumpy • Happy • Jealous • Irritated
- Confused • Unhappy • Scared • Shy • Worried • Relaxed • Lonely • Proud • Embarrassed

The cards are suitable for:

- Circle time discussions
- One-to-one sessions
- Story time
- Role-play
- Refocusing the group
- Filling spare time
- Evaluations

The aims of the cards are to:

- Facilitate personal development
- Manage relationships with others
- Better understand emotions
- Encourage empathy
- Allow children to practice new skills in a safe environment
- Promote reflection

Ideas for how to use the cards:

- Choose a card and ask the child/children to complete the sentence. Then use it to start a discussion what makes you feel that way? What do you do and what can you do differently when you feel that way?
- Pick a card and use it to discuss the way feelings impact on your body.
- Choose a card and ask the child/children to tell a story of when they felt that way – this will provide opportunities for them to verbalise their emotional experiences.
- Choose a card and either you or a child mimes the feeling and see if the other children can guess what it is.
- Use the cards to get the children to identify feelings after they have heard a story.
- You can cover the words and ask the children to identify the feelings.

There are only three important rules:

- Listen
- No embarrassing information
- No put downs

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