

# Social Emotional Tools

## Emotion Cards

### Emotion Cards

**Level:** Elementary

**Age:** Children (Primary)

**Time needed:** 5 minutes

**Aim:** To identify and manage their emotions during/after activities

**Materials needed:** Several sets of the Emotion Cards

and mime the emotion at the same time. Tell students this will show their classmate how they felt during the activity.

Encourage students to be empathetic with each other by giving them questions like *What can we do to express your happiness? What can I do to make you feel better?*

### Instructions:

- 1 Copy and cut several sets of Emotion Cards so that you can use them when working in small groups or pairs.
- 2 Set up a special place for the Emotion Cards so that students know where to go when they need them.
- 3 Before using this material as a routine in your class, review the vocabulary and ensure your students understand the meaning of the illustrations.

### How to use it?

Help students learn to identify and manage their emotions during activities. Before using the material, prepare the Emotion Cards and show them to your students. Review the vocabulary and ensure they are able to understand the faces and the meaning of each illustration. When working with the cards for the first time, open a conversation space so that students can talk about what things make them feel each emotion. You can include a short practice by asking them to raise the card that best express how they feel in class at that moment. It can be helpful to track your students' emotions during the class.

Also, you can take time to discuss what students do when they feel each emotion. This can help them to reflect on how they manage their emotions.

After students learn how to use the cards, use them from time to time when working in pairs or small groups. Explain that they will show the card to their classmate