How do I feel?

Feelings cards



Happy



Sad



Angry



Scared



Calm



It's okay

Cut out the cards. Point, show or hold one up: no words needed.

Watch the Emotional Heroes free on YouTube: Geedlee · geedlee.com

Calm-down moves

Copy-me cards



Feet down



Hands on star



Dragon breath



Arms up



Wiggle



Float



Stretch



Blow bubbles

Cut out the cards. Point, show or hold one up: no words needed.