



Simple learning activities to use as part of your everyday mental health practices at home and in the classroom.

Feelings Flashcards

These feelings flashcards can be used in a variety of ways. Here are some additional suggested uses that are suitable for a variety of grades:

- Create a match game. When students find a match they name the emotion.
- Use for a check-in. Students select the emoji that they resonate with at that moment.
- Co-create labels for each of the flash cards. Decide, (as a class, or in small groups, or as individual students), what feelings each of the emojis represent. Use the blank cards provided to have students create their own emoji.

Google Slides





























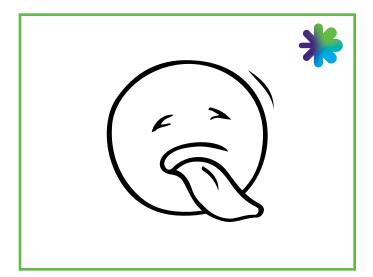


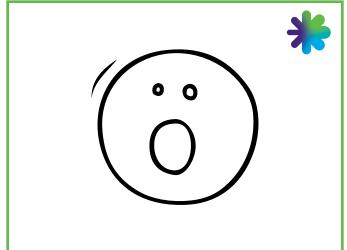


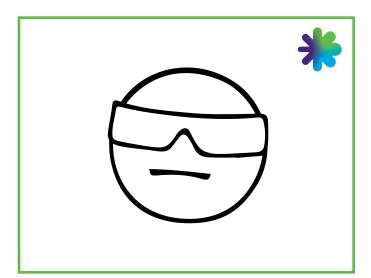


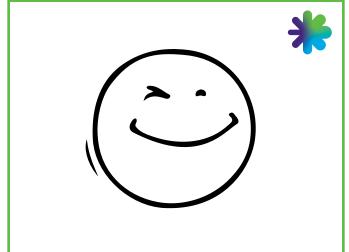


Feelings Flashcards 1 – 6

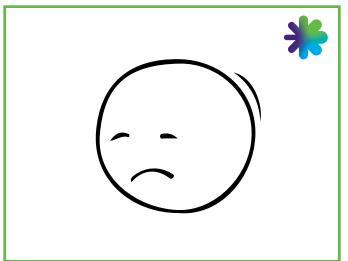








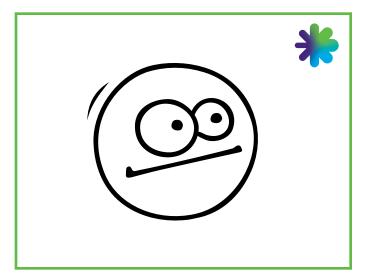


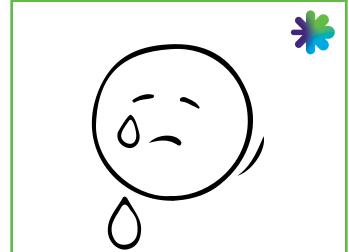


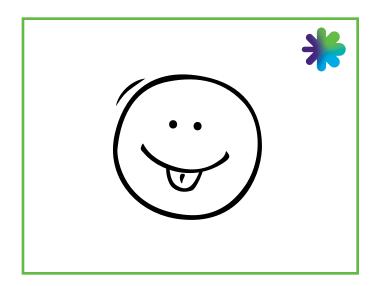
Feelings Flashcards 7 – 12

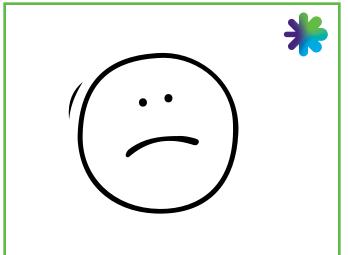




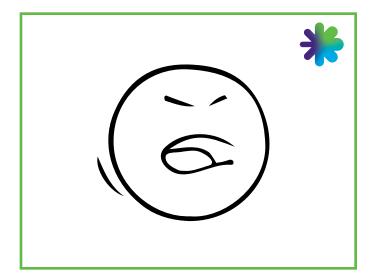


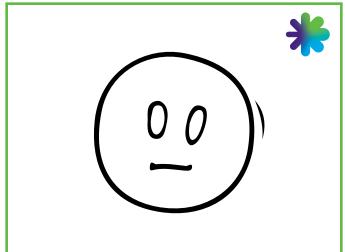


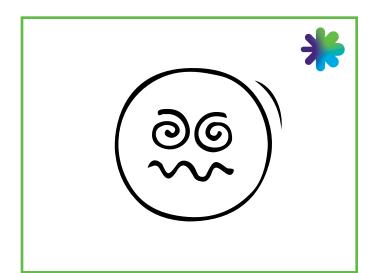


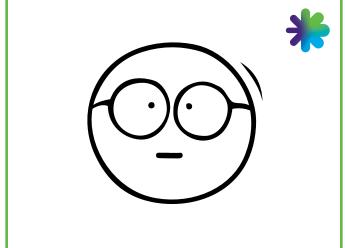


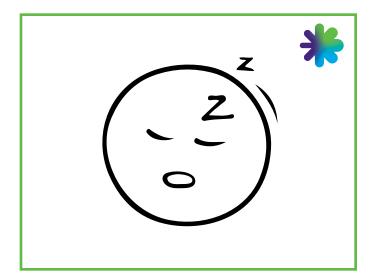
Feelings Flashcards 13 – 18













Feelings Flashcards (create your own)





