

Managing Emotions: Finding the Right Words



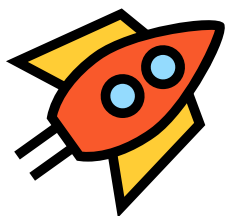
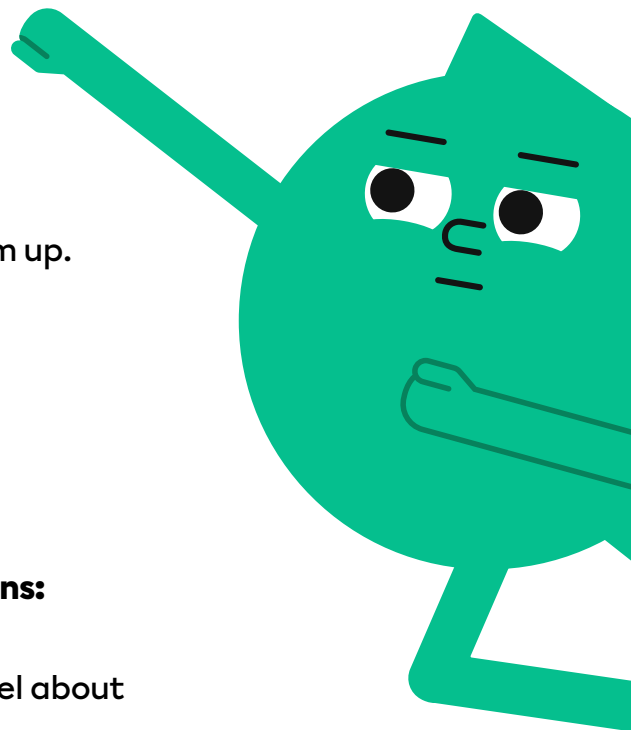
It's essential for kids to learn how to express how they feel in words. Being able to recognize and name what they're feeling is an important step toward learning to manage their emotions.

How to play?

1. Print out this tool.
2. Cut out the sentences describing emotions and mix them up.
3. Choose the emotions sheet of an appropriate level of complexity for the child (level 1 or 2)
4. Choose a sentence at random and read it aloud.
5. Associate the sentence with the right emotion.

To enrich the game, you can suggest the following actions:

- Have your child describe, in their own words, how they feel about each emotion.
- Find solutions together to manage more negative emotions.
- Define and draw additional emotions.



Managing Emotions: Sentences to cut out

A fire is burning inside me.

I'm all smiles, and my heart is as light as a feather.

I tremble like a leaf in the wind.

My heart feels squashed, like a cake knocked to the ground.

I want what the other person has.

Everything seems too big, and I'm too small.

My body doesn't know where to stand.

I breathe slowly, and everything feels calm.

Nobody understands me.

My mind can't stop thinking about what might happen.

I want to sing, dance, and float around.

My face is all scrunched up, like a wrinkled sheet of paper.

There's a small tear in my heart.

I feel a little ball swirling in my belly.

I have a constant tingling sensation.

I don't dare look up; I prefer to stare at my feet.

I want to tell everyone what I've accomplished.

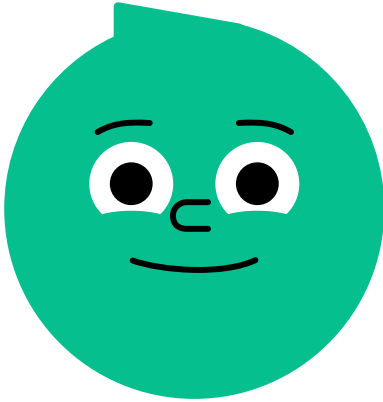
My head is full of ideas and dreams.

I feel like crying like a river.

I frown and don't feel like talking or listening to anyone.



Managing Emotions (level 1)



I'm happy



I'm angry



I'm sad



I'm afraid

Managing Emotions (level 2)

JOY



Joyful



Enthusiastic



Proud



Calm



Excited

ANGER



Furious



Jealous



Irritated



Annoyed



Mad

SADNESS



Ashamed



Sad



Lonely



Wounded



Disappointed

FEAR



Scared



Anxious



Overwhelmed



Worried



Uneasy

Managing Emotions: Answer sheet



I am happy

- Enthusiastic: My head is full of ideas and dreams.
- Proud: I want to tell everyone what I've accomplished.
- Joyful: I'm all smiles, and my heart is as light as a feather.
- Calm: I breathe slowly, and everything feels calm.
- Excited: I want to sing, dance, and float around.

I am angry

- Furious: A fire is burning inside me.
- Jealous: I want what the other person has.
- Irritated: I have a constant tingling sensation.
- Annoyed: I frown and don't feel like talking or listening to anyone.
- Mad: My face is all scrunched up, like a wrinkled sheet of paper.

I am sad

- Sad: I feel like crying like a river.
- Ashamed: I don't dare look up; I prefer to stare at my feet.
- Lonely: Nobody understands me.
- Wounded: There's a small tear in my heart.
- Disappointed: My heart feels squashed, like a cake knocked to the ground.

I am afraid

- Scared: I tremble like a leaf in the wind.
- Anxious: I feel a little ball swirling in my belly.
- Overwhelmed: Everything seems too big, and I'm too small.
- Worried: My mind can't stop thinking about what might happen.
- Uneasy: My body doesn't know where to stand.

