



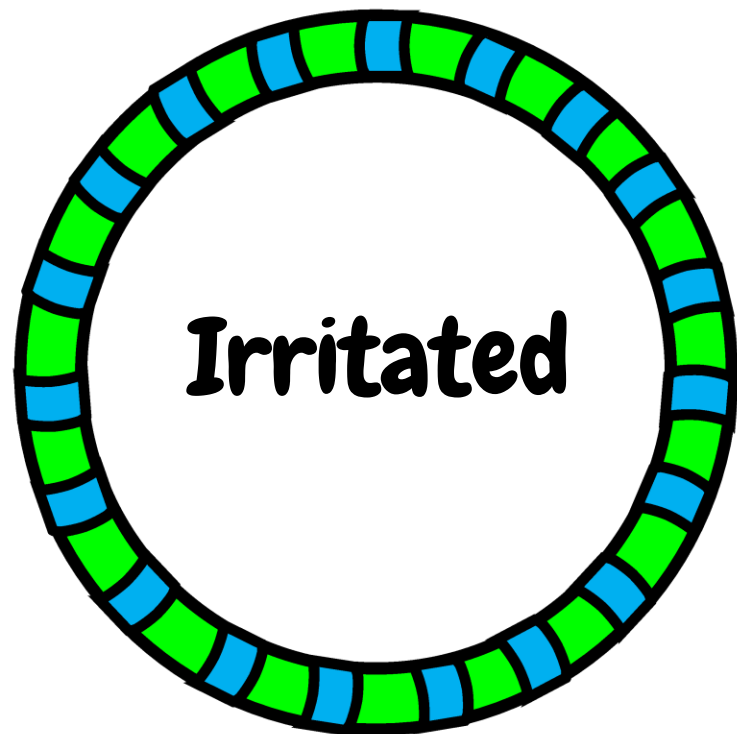
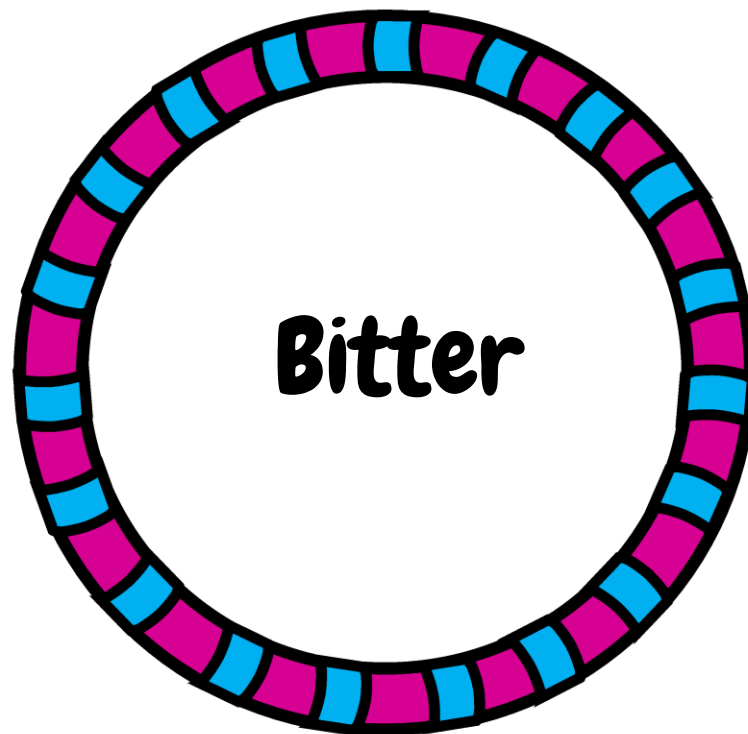
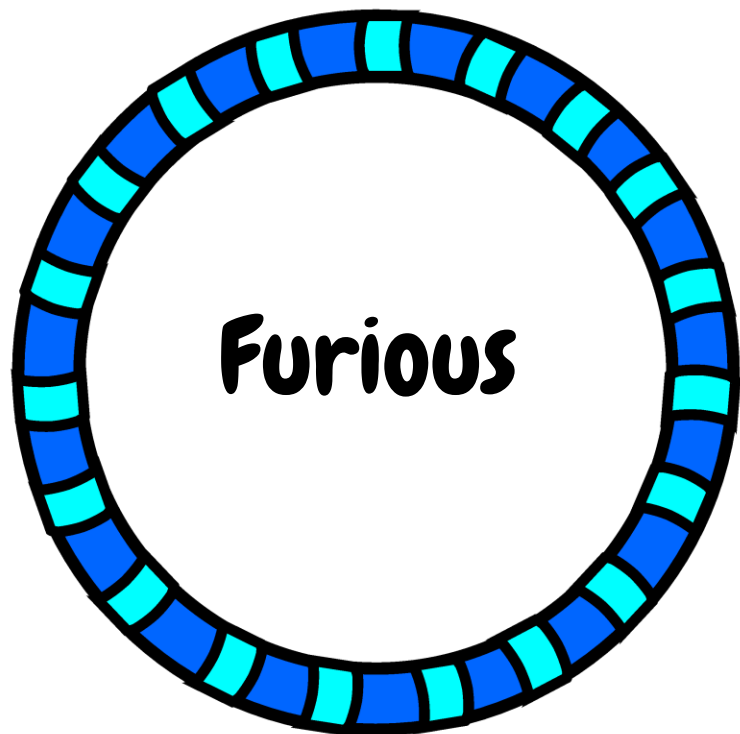
# Emotions Card Game

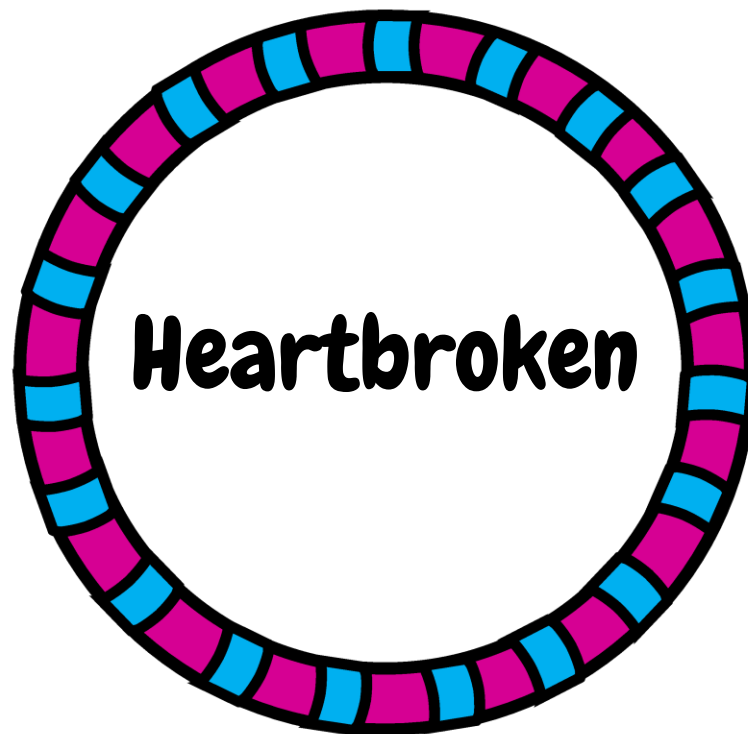
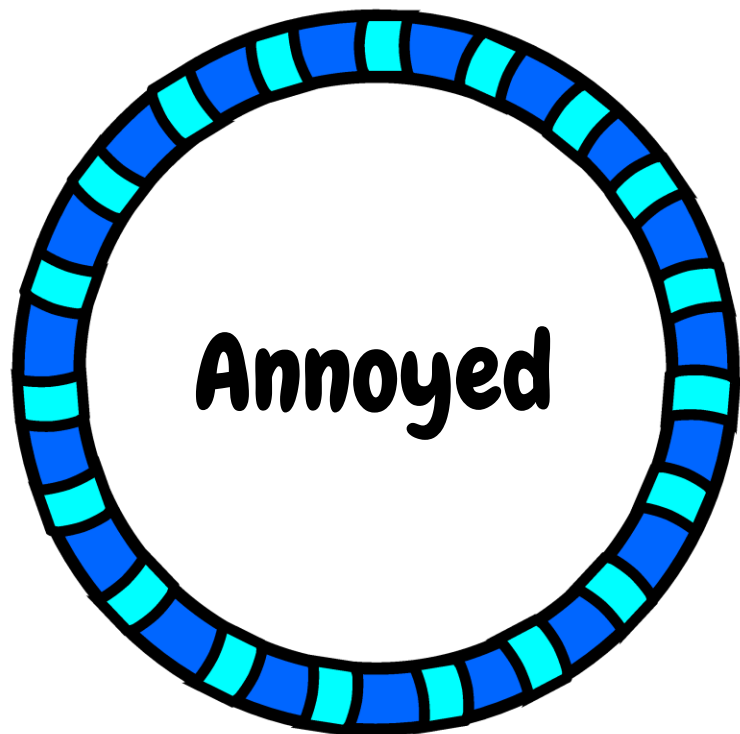


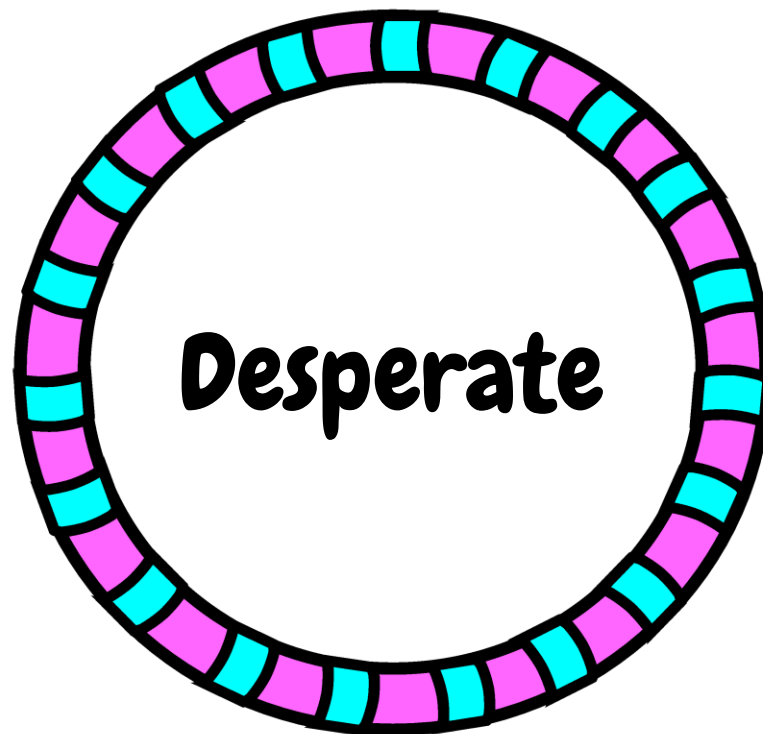
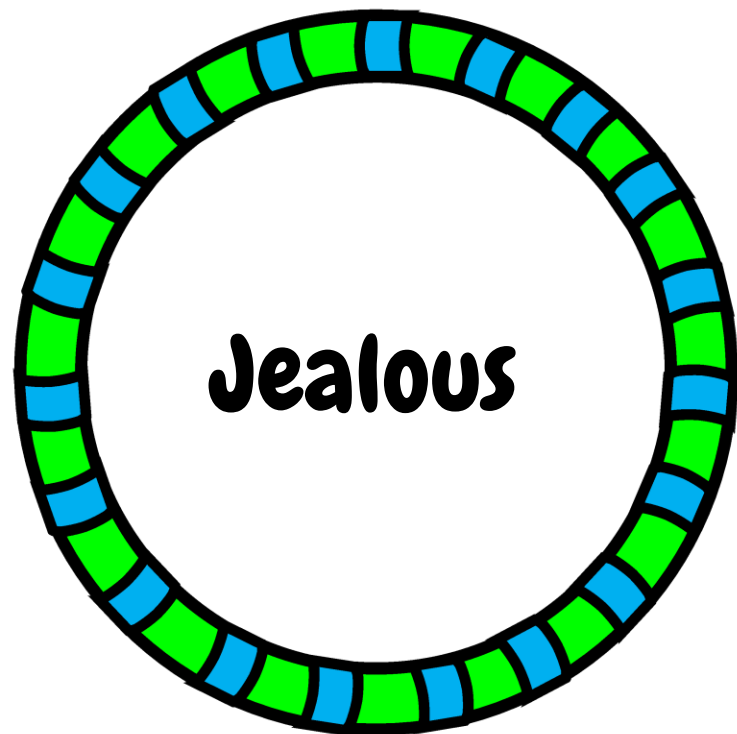
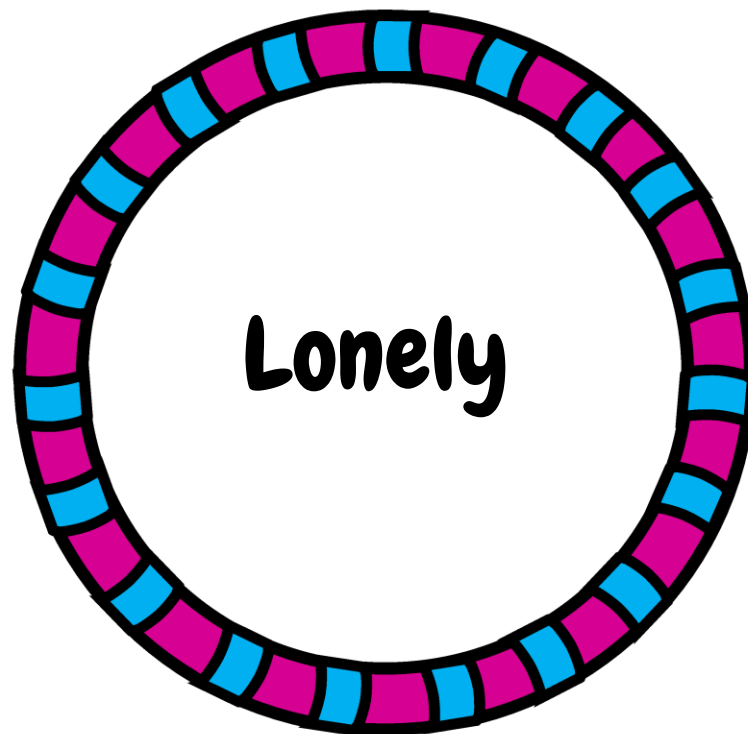
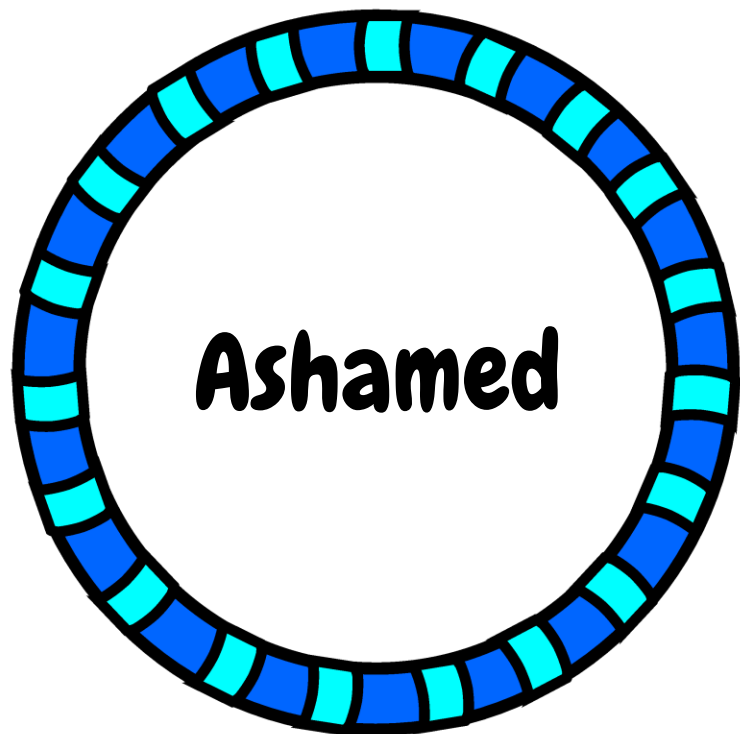
## Directions

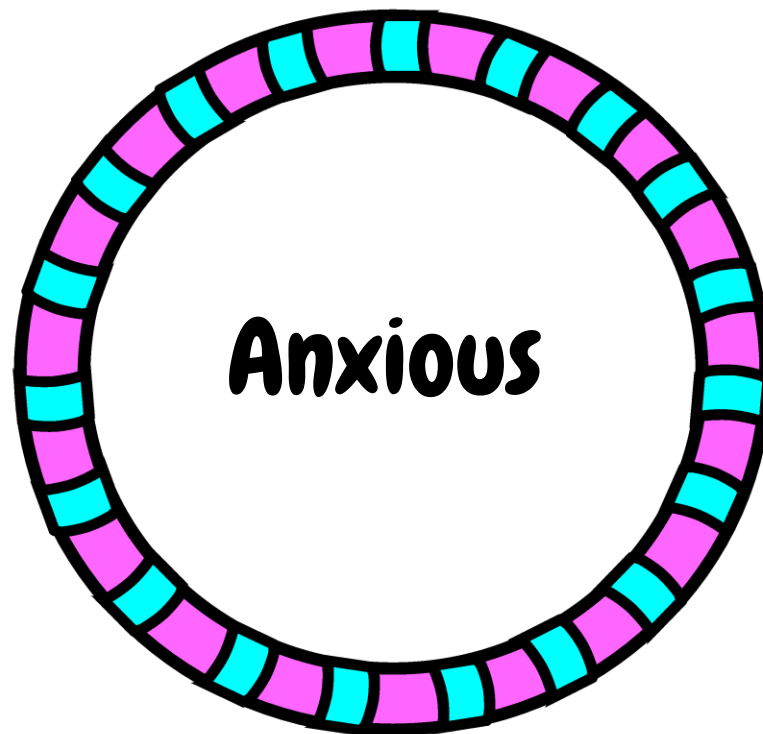
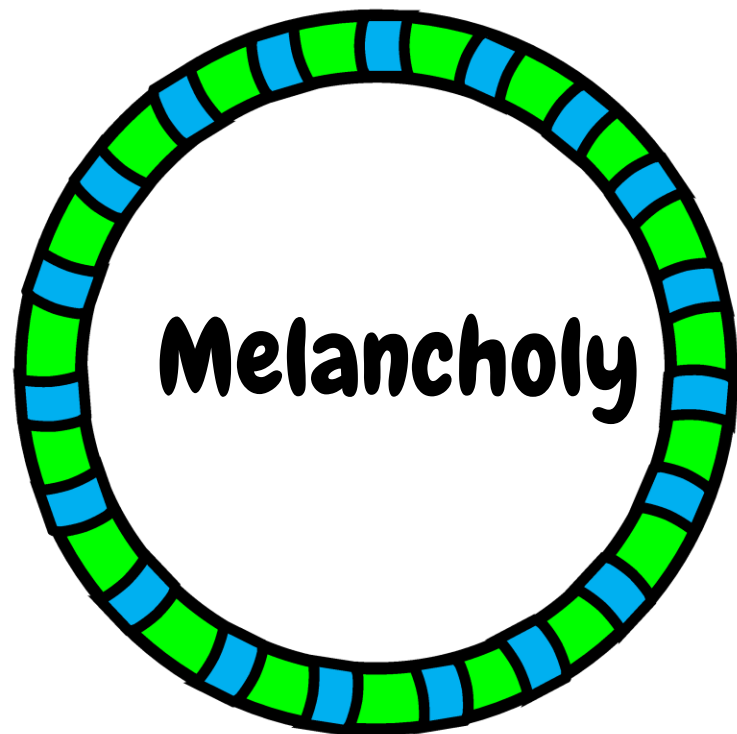
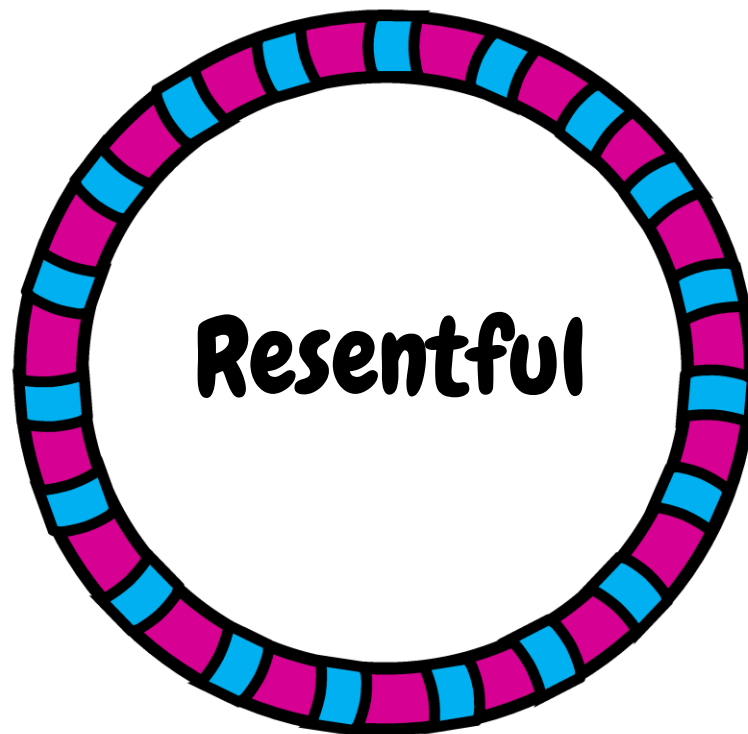
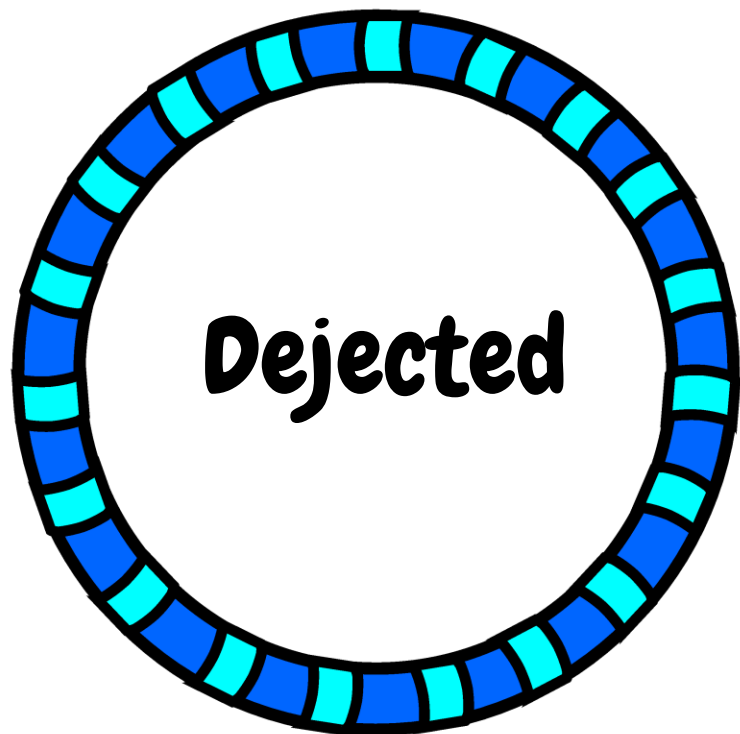
**Cut out the emotions on pages 3–15 and put them in a pile (“pile 1”). Cut out the statements/questions on pages 16–18 and put them in another pile (“pile 2”).**

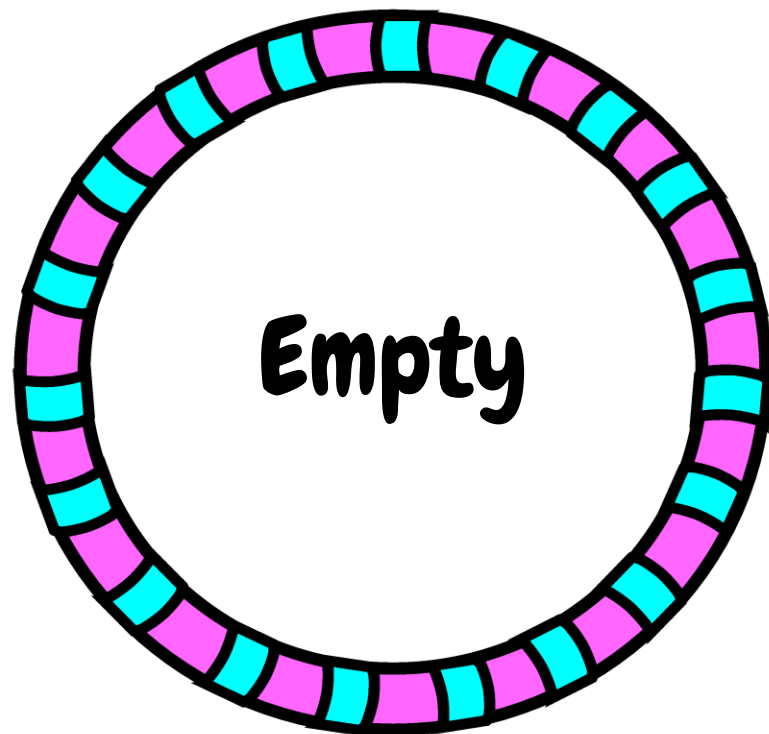
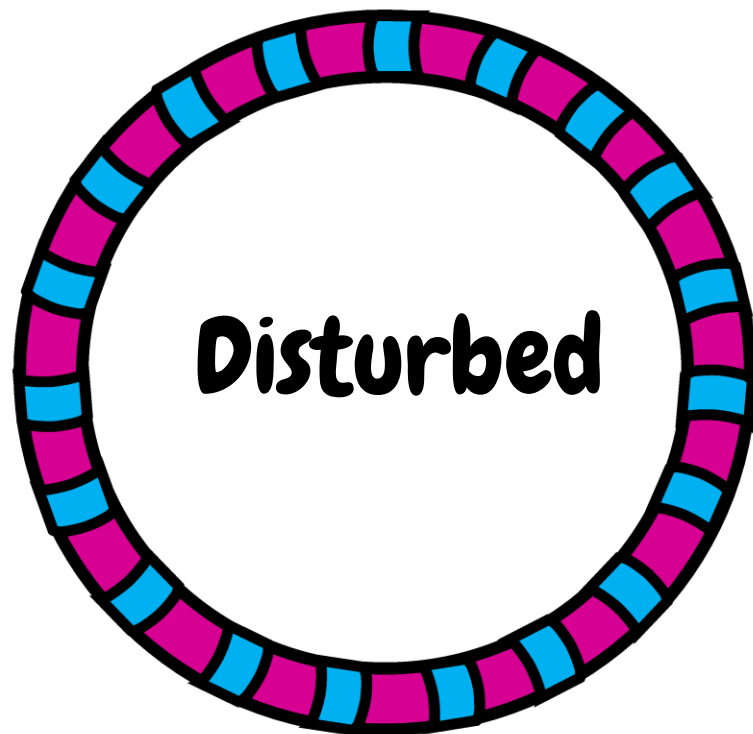
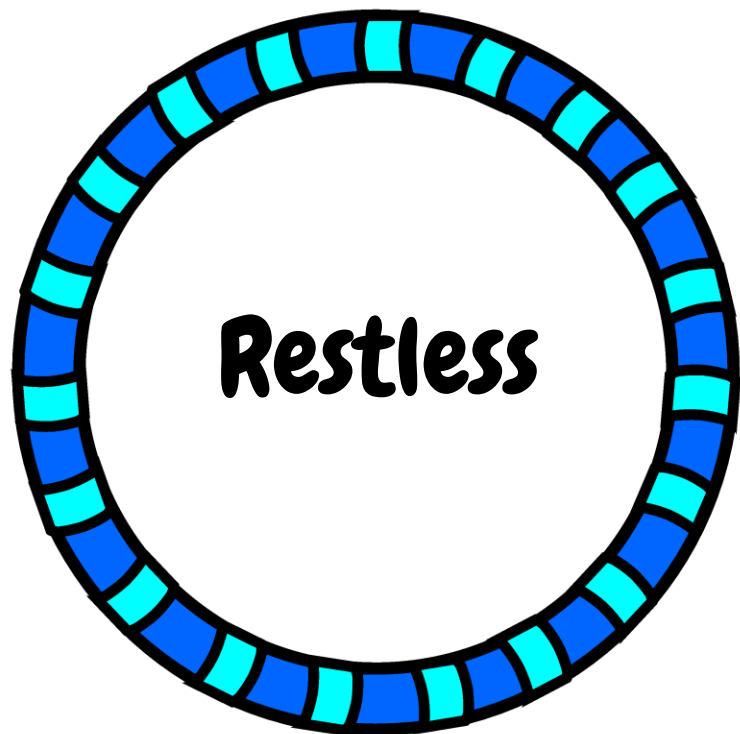
**Group members will pick a card from each pile. They will use the emotion they chose from pile 1 to address/answer the question or statement from pile 2.**

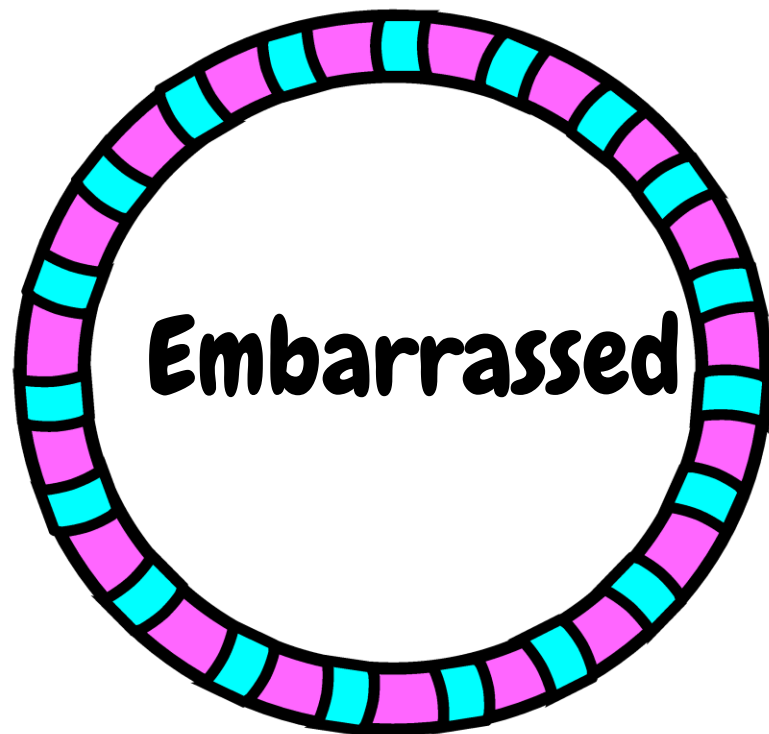
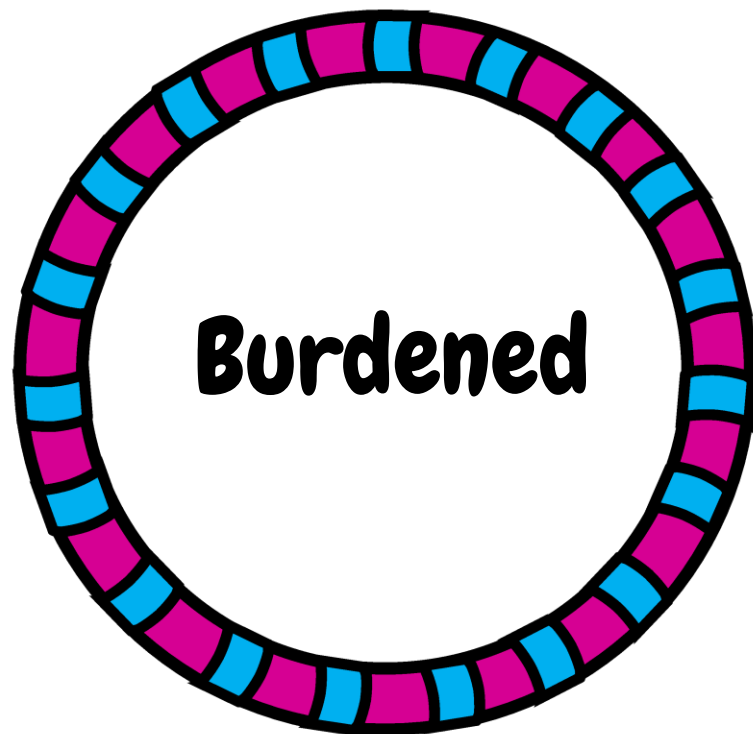
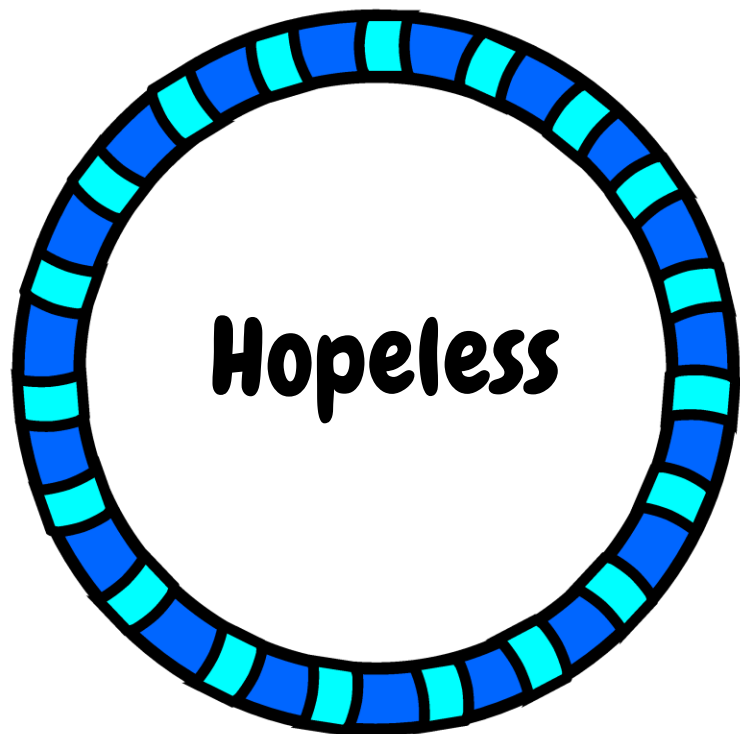




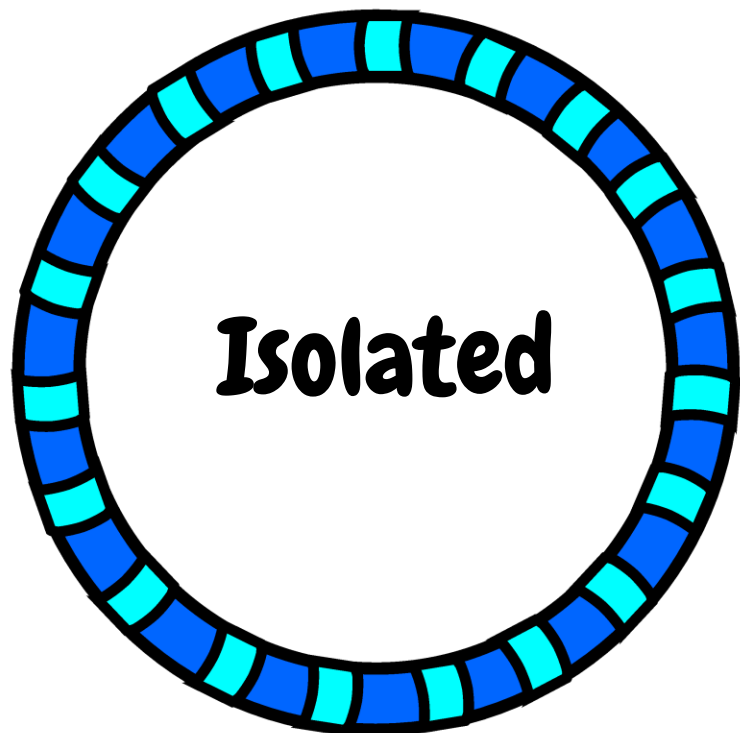


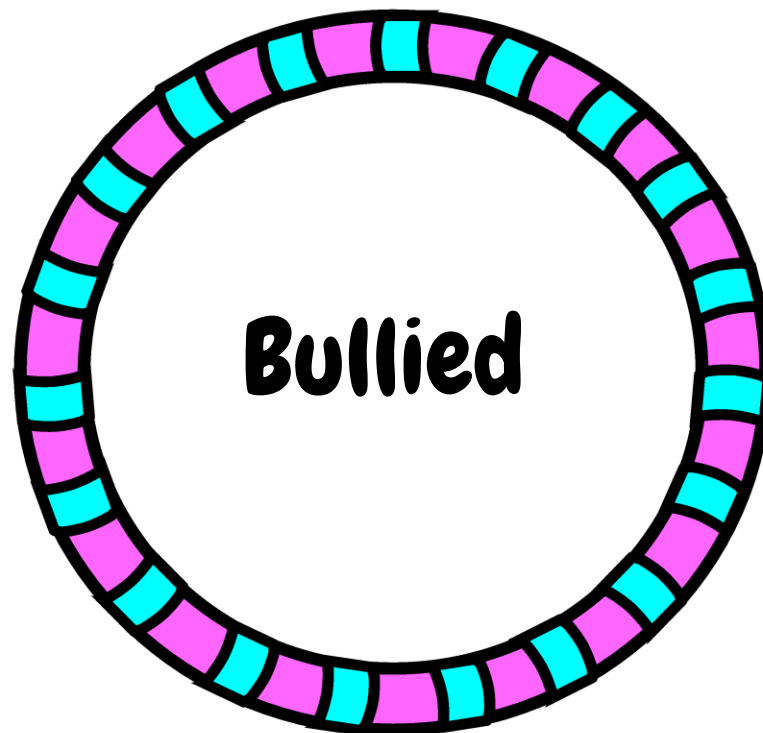
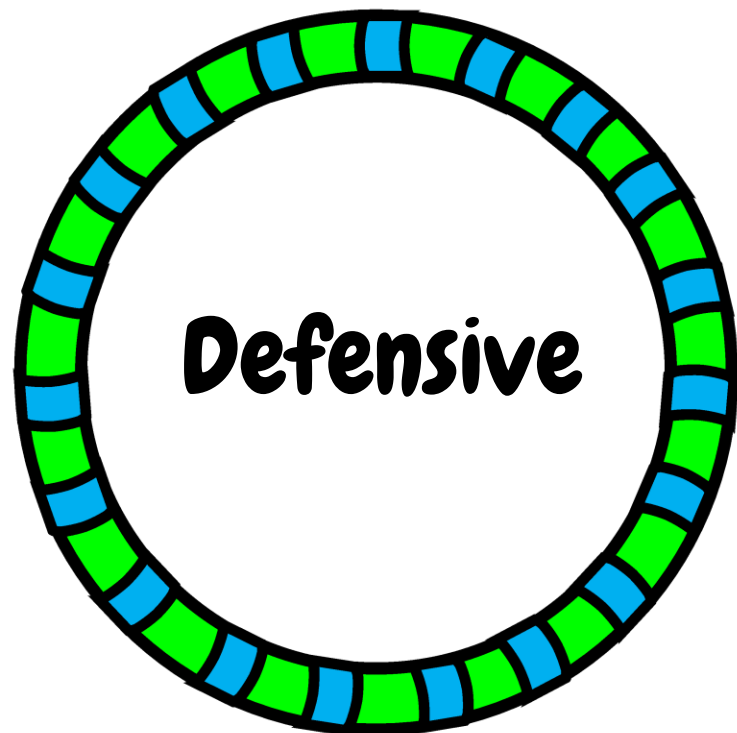
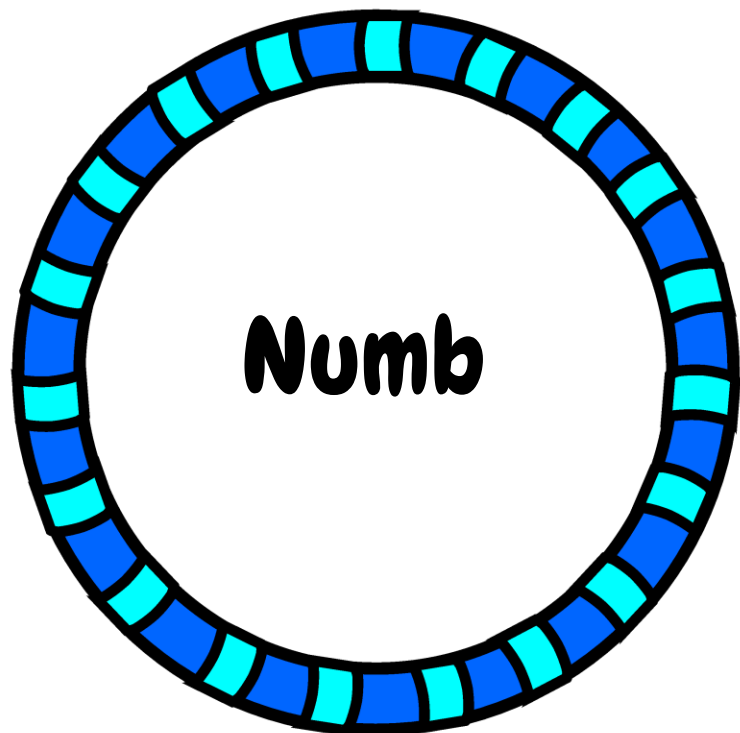


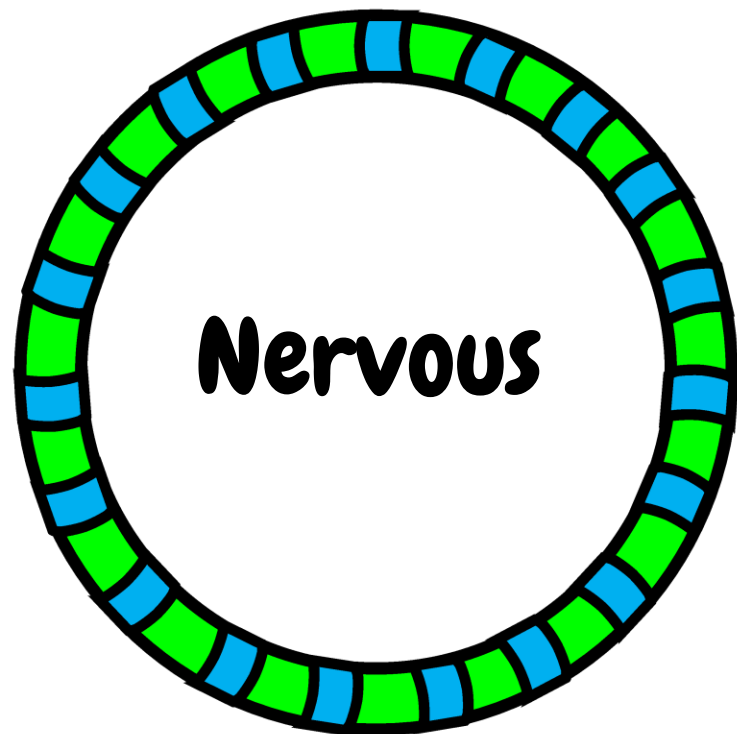
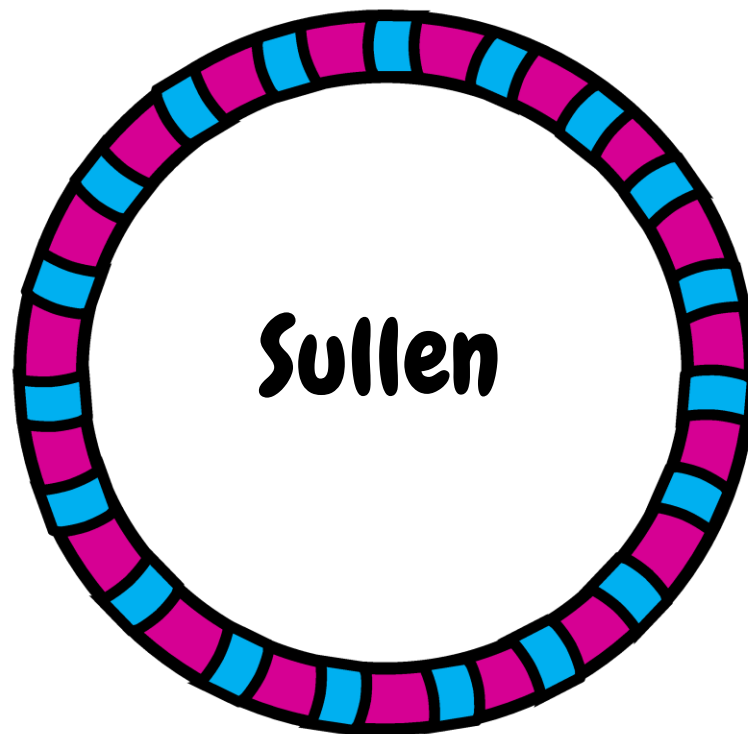
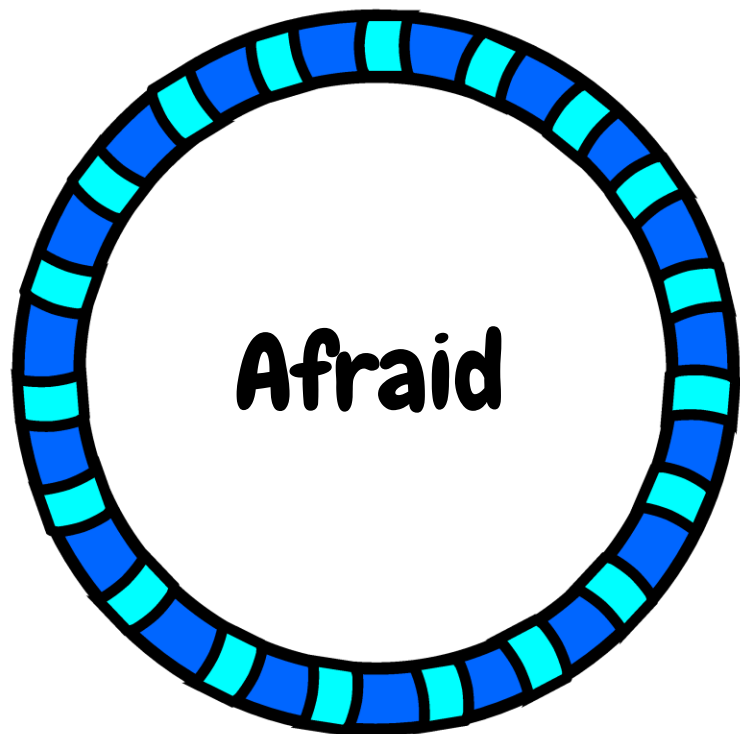


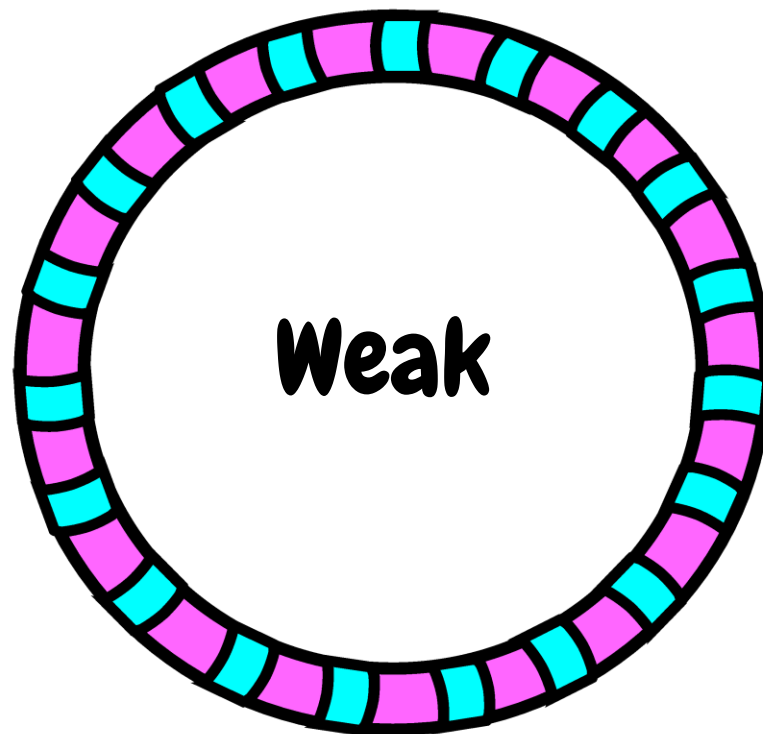
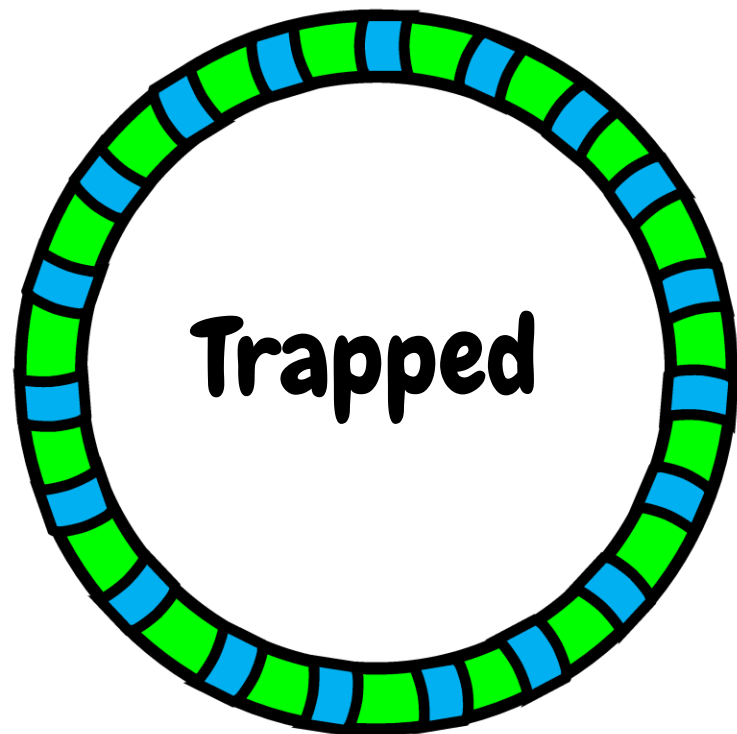


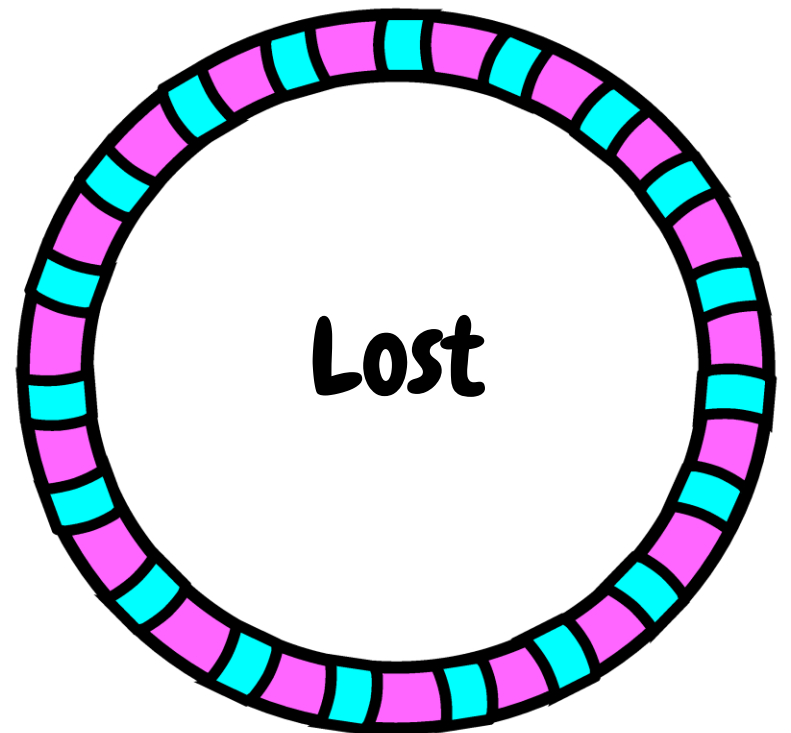
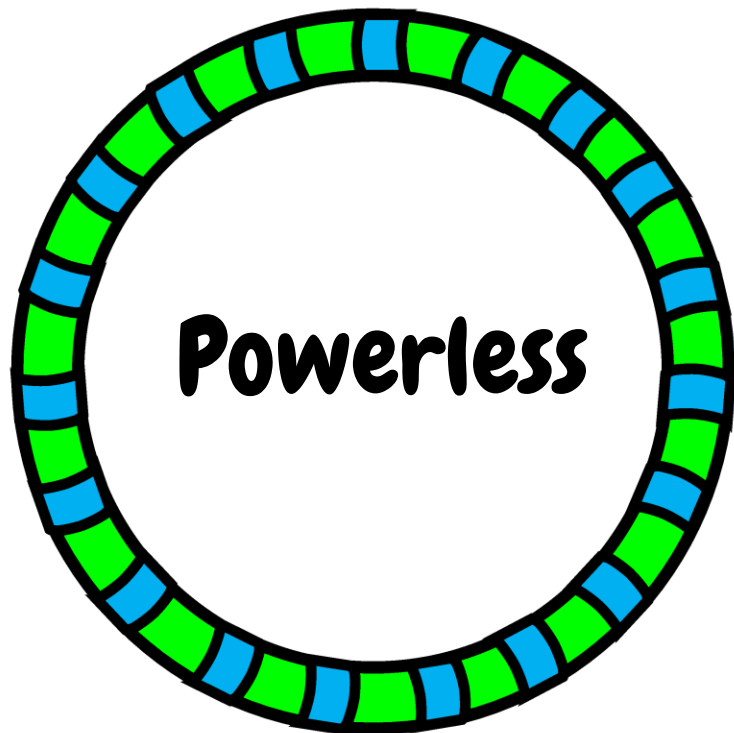
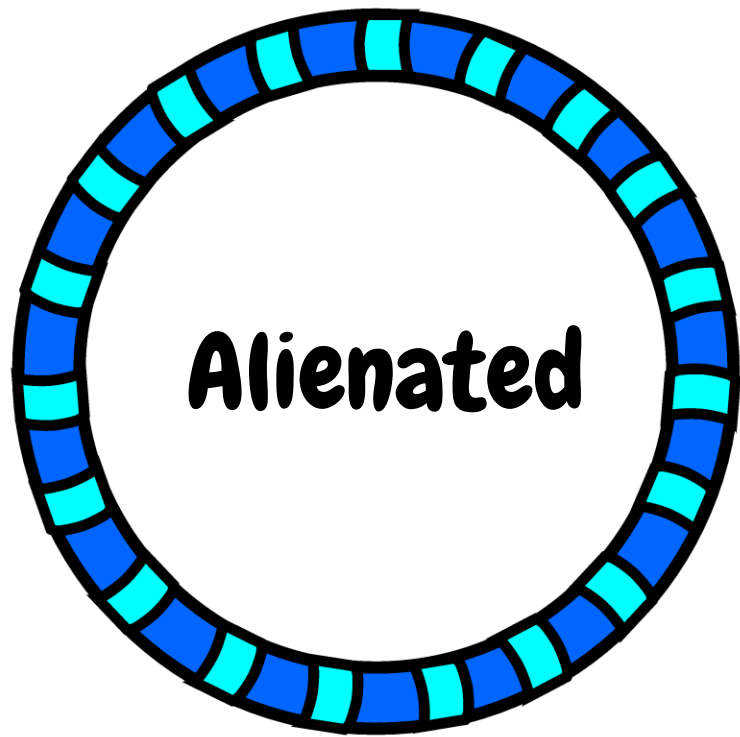


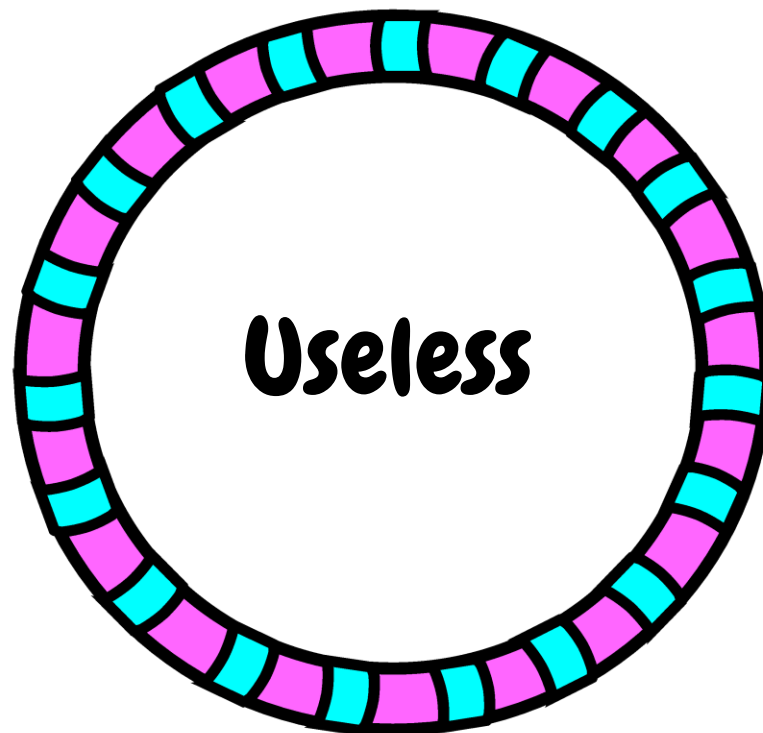
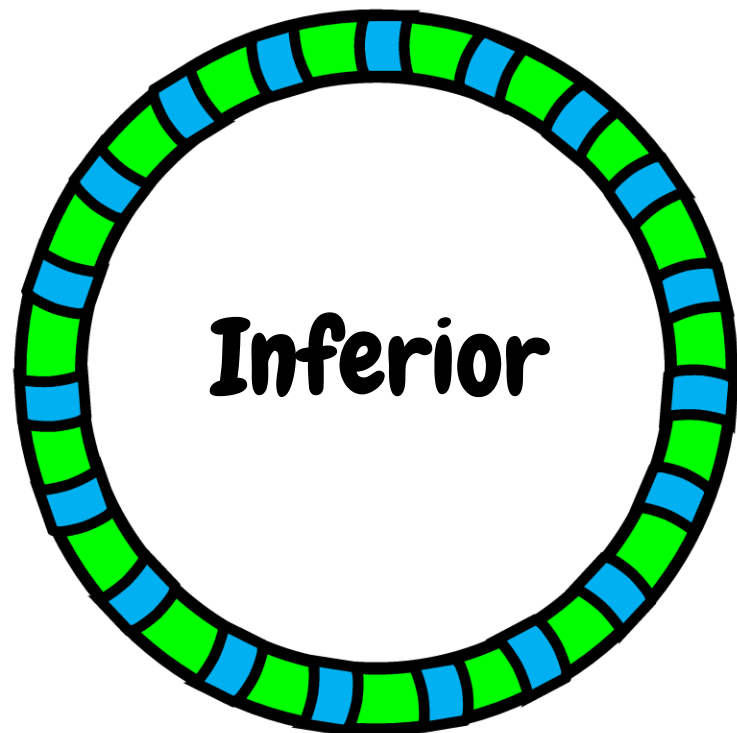
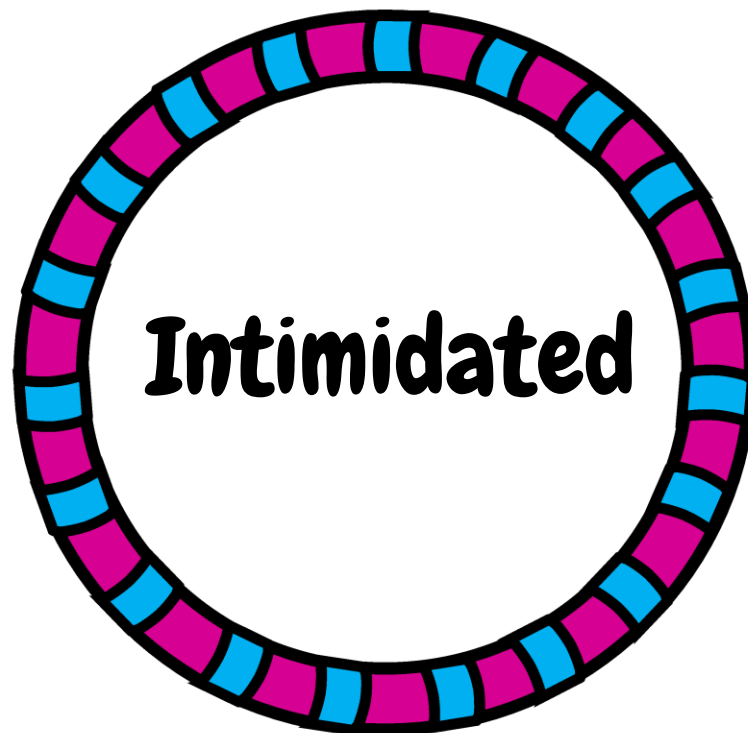
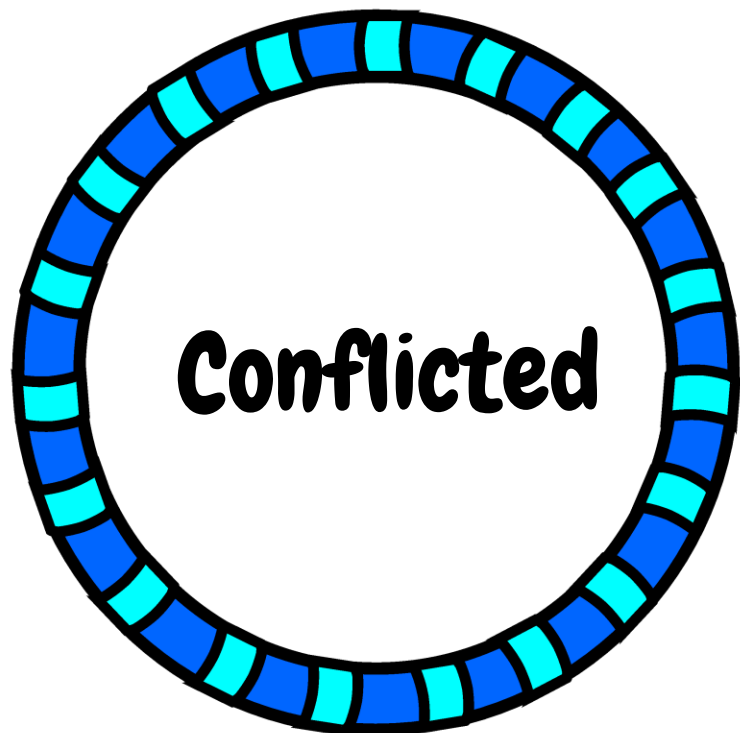


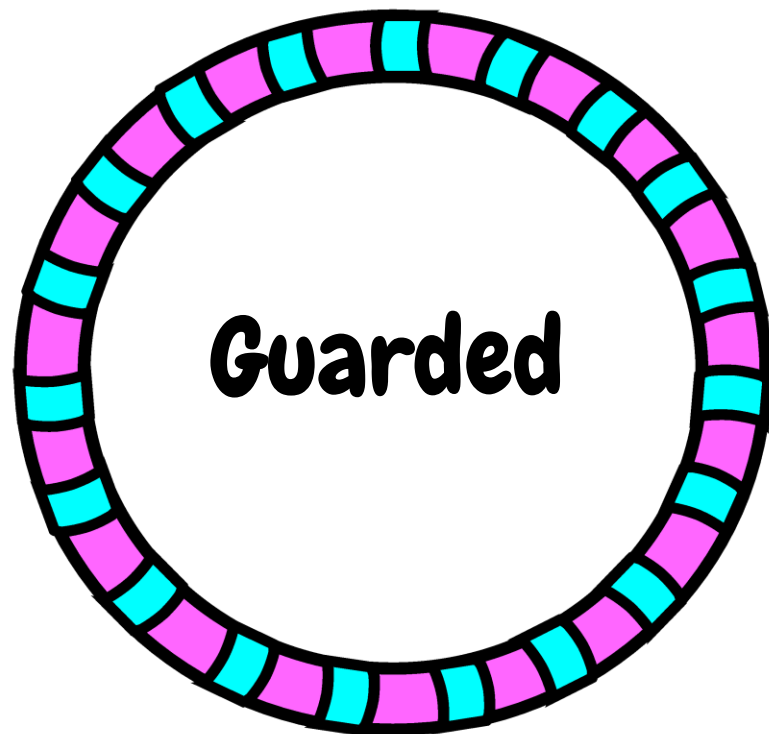
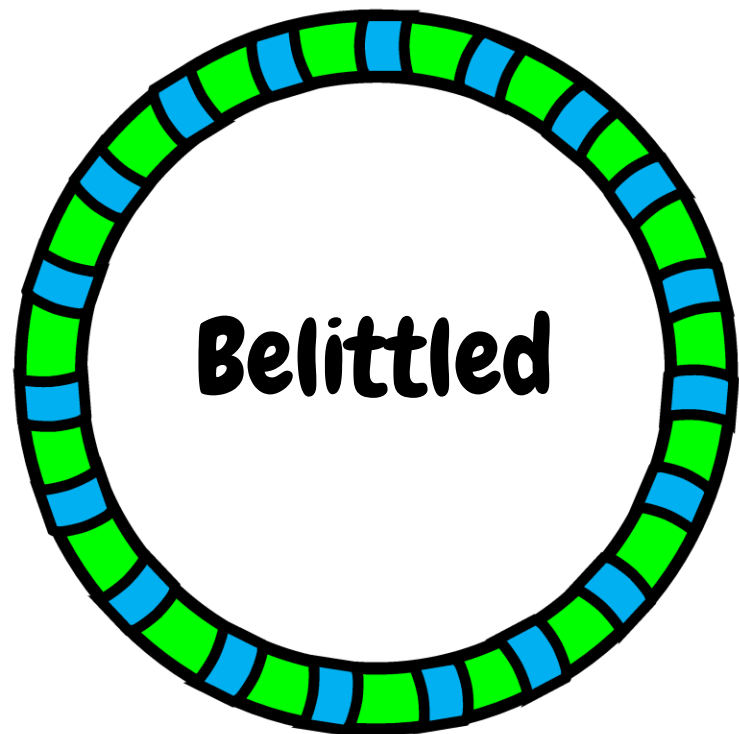
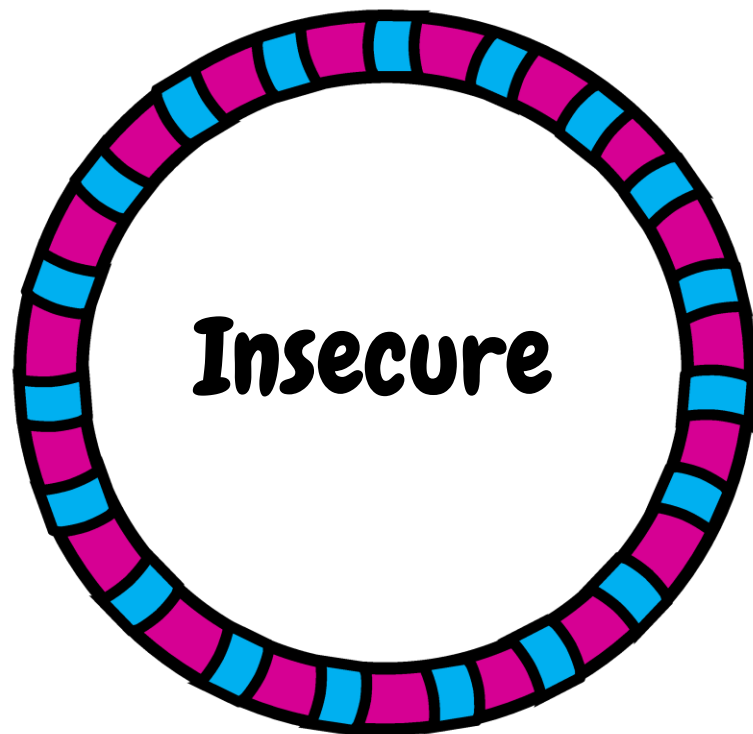
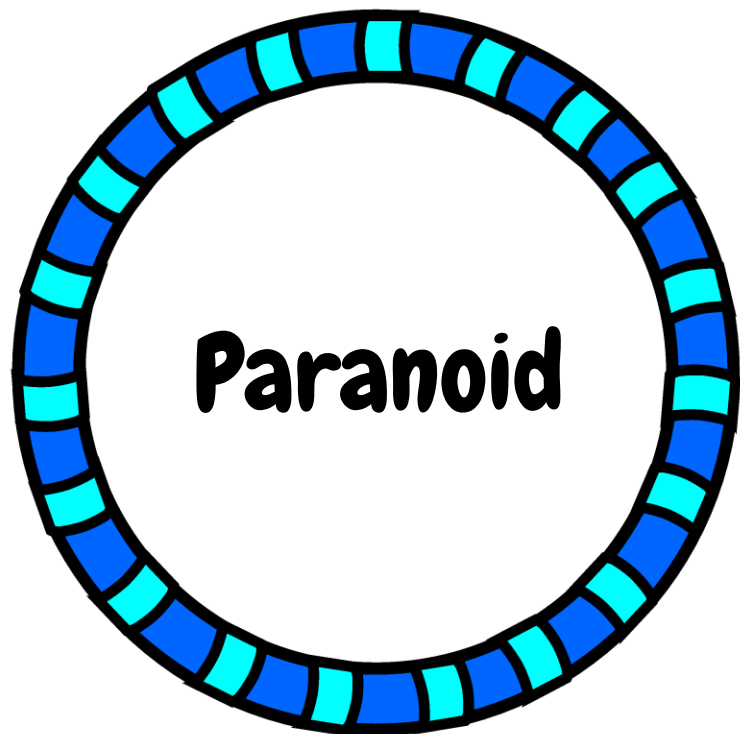


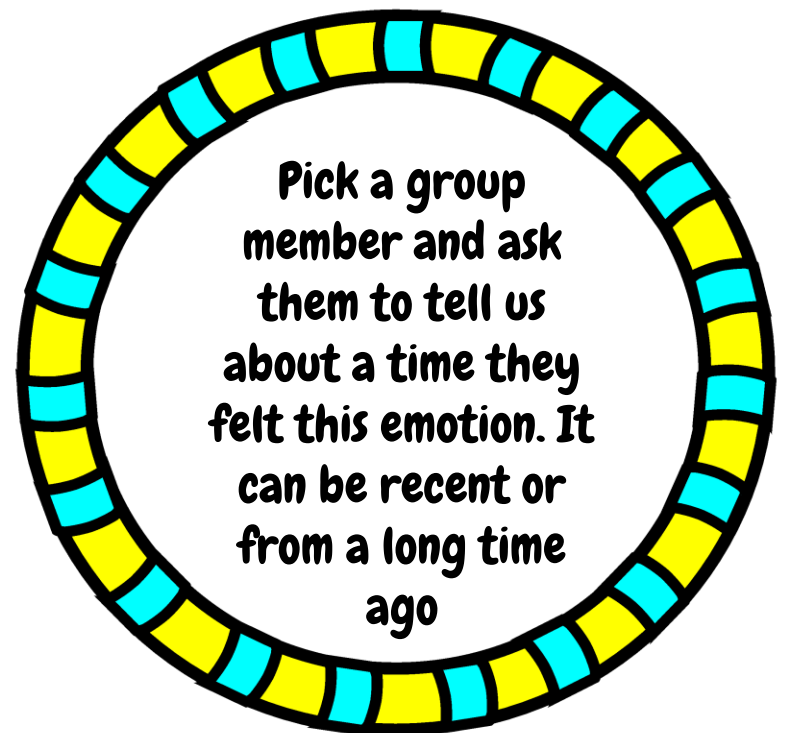
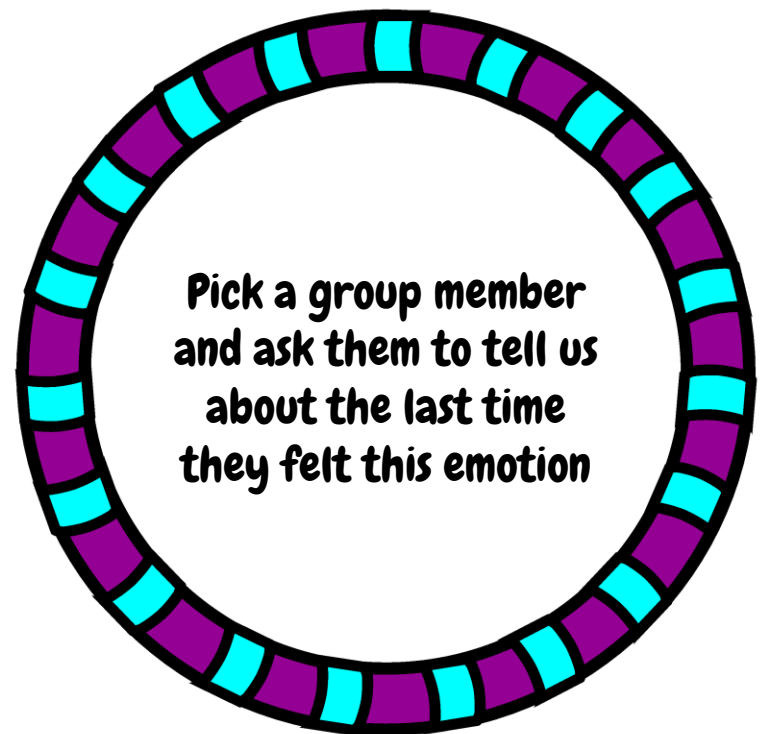




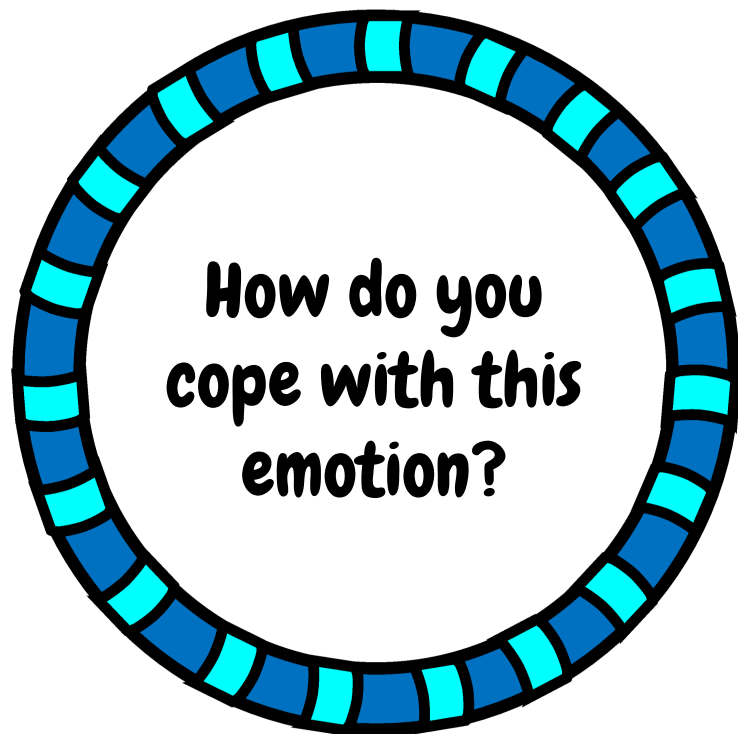




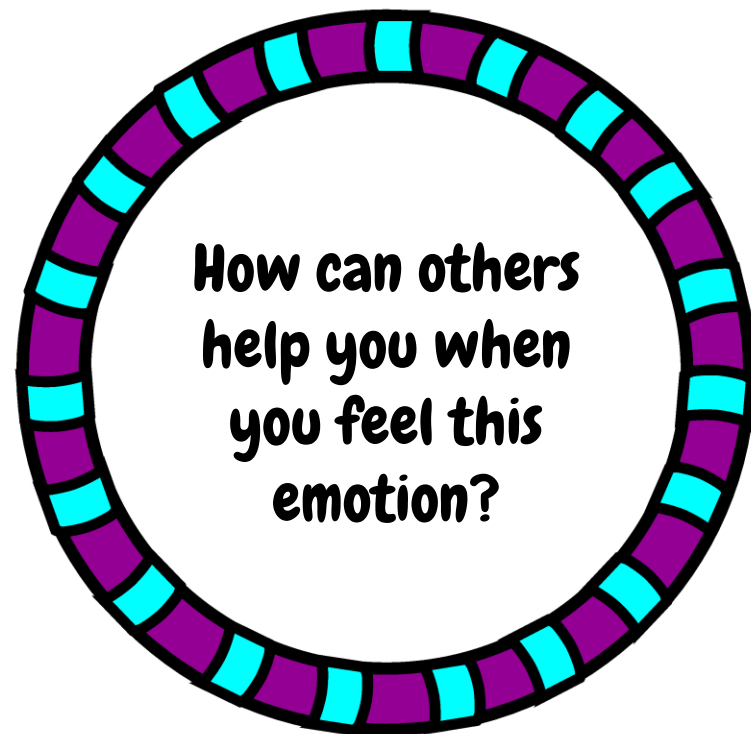




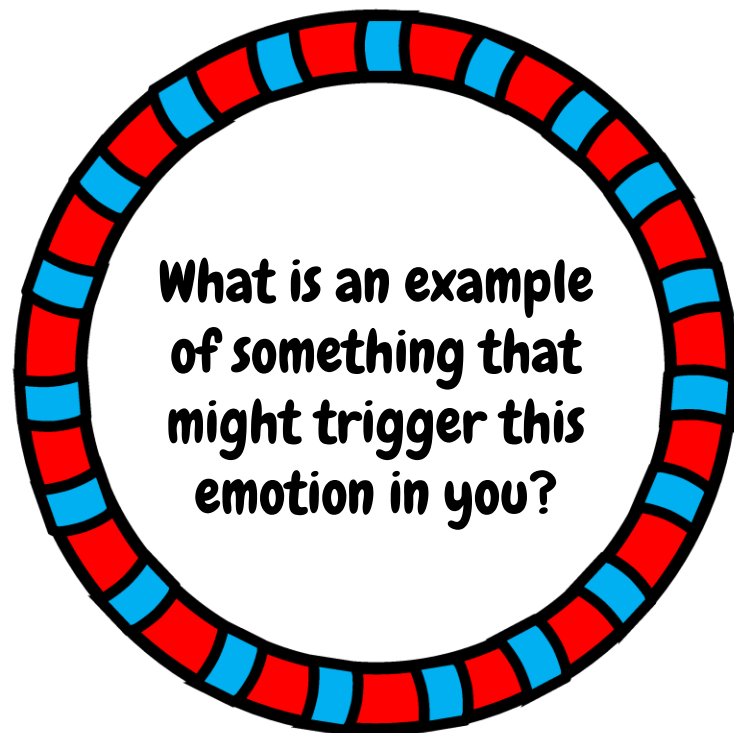




**How do you  
cope with this  
emotion?**



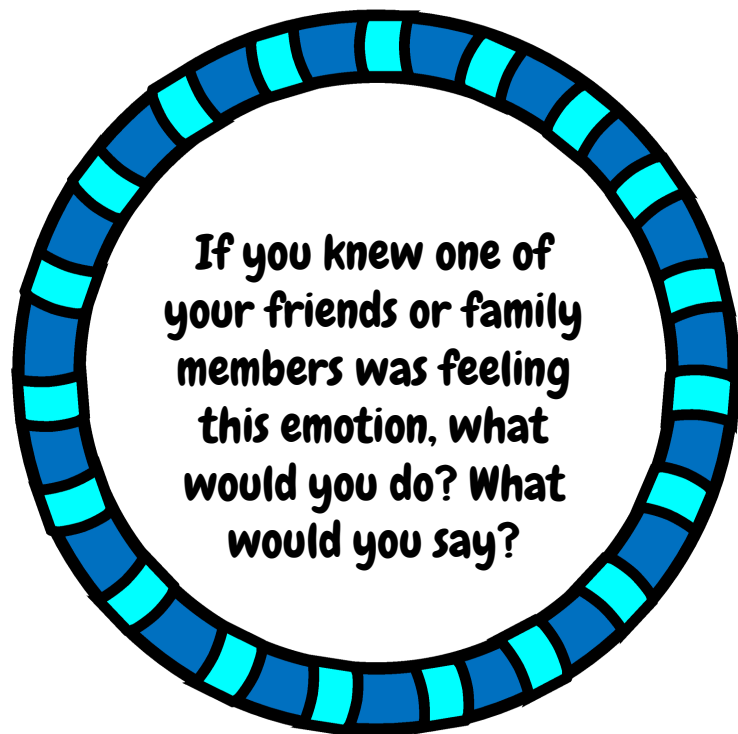
**How can others  
help you when  
you feel this  
emotion?**



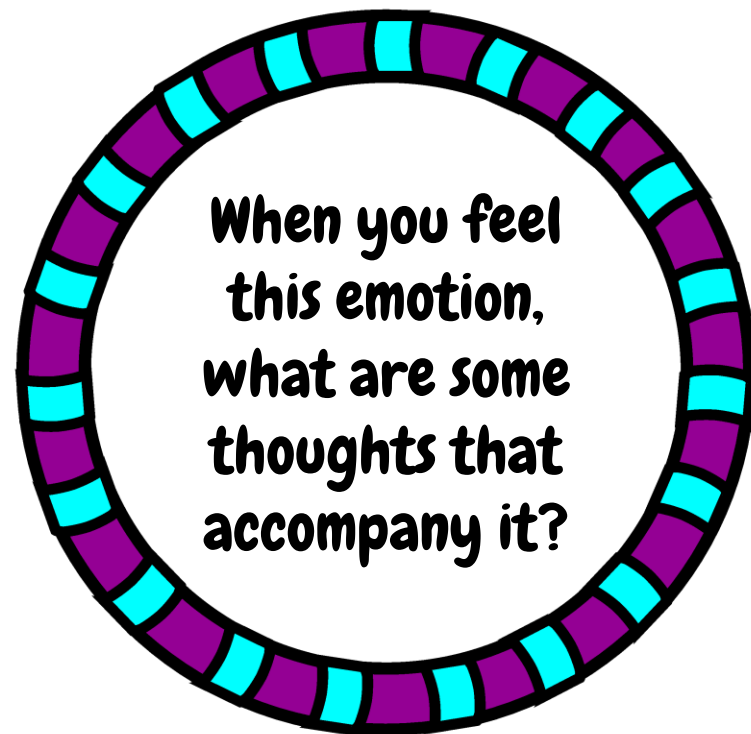
**What is an example  
of something that  
might trigger this  
emotion in you?**



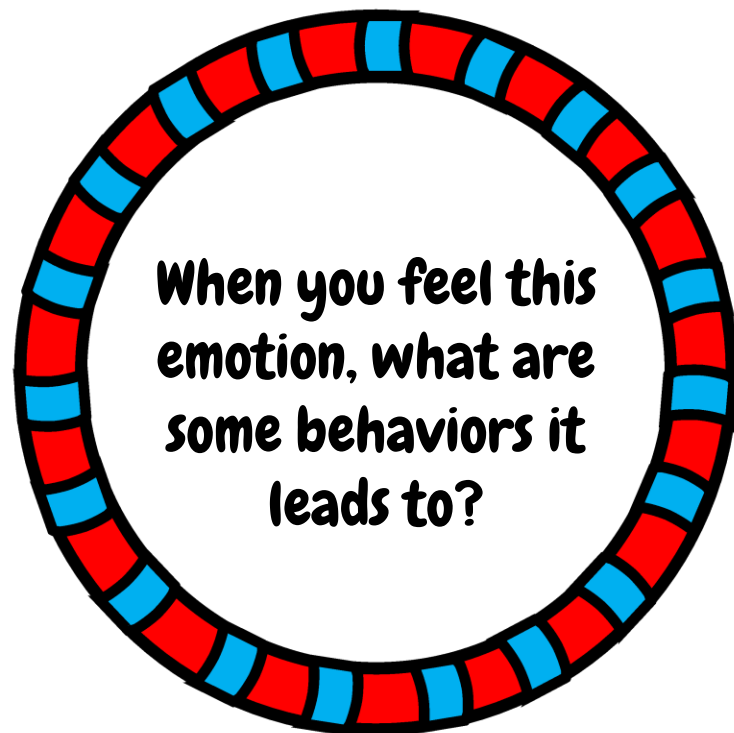
**Tell us about a  
time you made  
someone else  
feel this emotion**



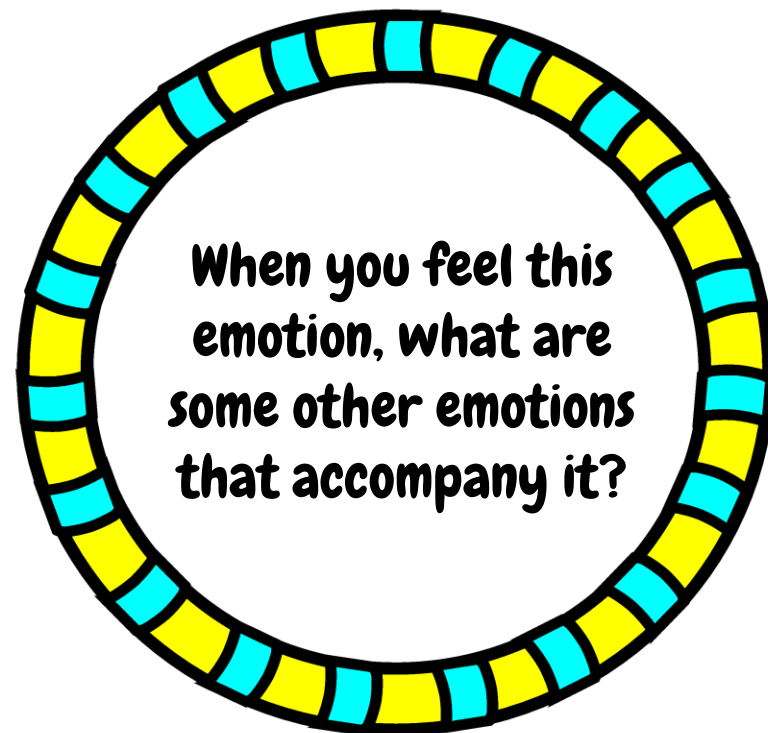
**If you knew one of your friends or family members was feeling this emotion, what would you do? What would you say?**



**When you feel this emotion, what are some thoughts that accompany it?**



**When you feel this emotion, what are some behaviors it leads to?**



**When you feel this emotion, what are some other emotions that accompany it?**

# Credits



Marcelle's KG Zone  
-Thank you for the circle  
frames!