



Beacon

Behaviour support for schools



Emotions card game



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Emotions card game



How to play

For an explanation of how to play the emotions card game, sign up for this free resource on our website:

[9 Tips For Helping Your Child Manage Their Emotions And Behaviour At Home](#)



As part of the follow-up email sequence, we'll send you **full instructions** on how to play – as well as **tips for getting the most from the game!**

Download the guide here:

https://beaconschoolsupport.co.uk/parents/supporting_children_at_home.php



What made you feel **frustrated** today - and how did you handle it?



Tip: if nothing made your child feel frustrated today, ask them to talk about a time they felt frustrated in the past.



What did you do that was **kind** today for someone else? How do you think it make them feel?



Tip: if your child can't think of anything, say you'll come back to the card in an hour's time, to give them time to be kind to someone in the family.



Talk about something you've done that you feel **proud** of - and why.



Tip: if your child finds this difficult, tell them something they've done that you're proud of. Ask them to talk about how it feels to hear that.



Name 3 things that make you feel **irritated**.



What activity makes you feel **excited** and why?



Talk about a time when you felt **disappointed**. How did you deal with the feeling?



Tip: if your child finds it difficult to talk about how they dealt with the feeling, give some examples of how they could handle disappointment in the future.



When you're feeling **annoyed**, what helps you calm down?



When you feel **cheerful**, how does it feel in your body?



Tip: if your child finds it hard to describe the sensation in their body, give examples (eg. wanting to smile, feeling full of energy, like you want to dance, feeling 'light' or 'weightless')



What made you feel **worried** today - and how did you cope with the feeling?



Tip: if nothing made your child feel worried today, ask them to talk about a time they felt worried in the past.



Name a time when you felt **confused**. What did you do to solve the problem?





When you feel **relaxed**, how does it feel in your body?



Tip: if your child finds it hard to describe the sensation in their body, give examples (eg. heavy muscles, having less energy, breathing slowly, like you want to be still, not in a rush, mind is clear)



What activity makes you feel **bored** - and why? What does boredom feel like?



Name something that makes you feel **peaceful** and say why.



When you feel **nervous**, how does it feel in your body?



Tip: if your child finds it hard to describe the sensation in their body, give examples (eg. tummy ache, butterflies in tummy, shortness of breath, wanting to move around or get away, having extra energy)



What did you do to **help** someone today? How did it make you feel to be helpful?



Tip: if your child can't think of anything, say you'll come back to the card in an hour's time, to give them time to be help someone in the family.



Talk about a time when you felt **jealous**. How did you handle the feeling?



Tip: if your child finds it difficult to talk about how they dealt with the feeling, give some examples of how they could handle feelings of jealousy in the future.



When you feel **angry**, how does it feel in your body?



Tip: if your child finds it hard to describe the sensation in their body, give examples (eg. fast heart beat, clenched fists, feeling hot, wanting to cry or hit out)



When you're feeling **concerned** about something, what helps you feel better?



What made you feel **lucky** today - and why?



Tip: some children find it difficult to say why they are lucky, so you may have to give them some specific examples (eg. they have people that care for them, they have toys they enjoy, they have good friends)



Who made you feel **loved** today? What did they say or do?



9 tips for helping your child with their emotions and behaviour



If you found this guide useful, you may also find this online resource helpful:

[Family First: Behaviour Secrets for Parents](#)



- ✓ Learn our simplified, 3-step process for coaching your child through strong emotions (based on a method tested with 1000s of families around the world)
- ✓ A little-known way of wording praise that works like magic to encourage more good behaviour from your child (with very little effort on your part!)
- ✓ 2 powerful techniques for defusing defiance that quickly bring arguments to a close and don't require any special equipment - so you can use them anywhere you go!
- ✓ A 5-minute activity your child will love that results in positive behaviour throughout the day (this activity is gold dust because it

tackles the causes of most negative behaviour)

- ✓ The problems of screen time and bed time... solved! (We tell you the precise steps to take, because kids can't manage their emotions when they're drained or tired)
- ✓ The easy secrets to sounding firm and assertive - without falling into the trap of shouting or yelling (which actually reduce your authority over time)
- ✓ How to respond to your child in a way that makes them feel heard and understood, strengthening your relationship and building trust and mutual respect

...and so much more!

For more information, visit:

https://beaconschoolsupport.co.uk/family_first.php