

Children's Activities Using Emotion Cards



Select the language you wish to use with your children. Print the pictures on cardstock. Cut along the straight lines to create 4 emotion cards per page. Each emotion card shows an specific emotion through a picture and First Nations or Métis language. A phonetic and English spelling is provided on each card as well.

Choose one language and repeat it frequently throughout the day/ week etc, instead of switching languages frequently.



Game Ideas!

1. Read the ***Mama Do You Love Me?*** by Barbara Joosse. Use the picture cards to identify the emotion of story characters.
2. Choose other books that can be used to explore emotions, such as ***Are You My Mother?*** by P.D. Eastman or ***The Runaway Bunny*** by Margaret Wise Brown. Use the emotion cards to help children think about how these story characters are feeling and why.
3. When greeting children at circle times ask them how they are feeling. Hold up the picture of the emotion they have described and say the phrase in the First Nation or Métis language shown on that card. Say the phrase together a couple of times to hear and practice how it sounds.
4. Spread out the emotion cards on the floor or table with pictures facing up. Have children choose and hold up the card they feel. Model how to say the words in the language on the card. Try using the emotion cards to help children talk about their feelings in the past (yesterday, or at snack time, for example). Use the cards to help them think about how other children are feeling too.
5. ***Face Time Game*** – Turn cards upside down. Have one child pick out a card and turn it over without other children seeing the front of their card. The child then makes the face on their emotion card. Everyone guesses the emotion and makes the face too. Say the emotion in the language on the card. Encourage children to share an experience when they felt that emotion.