

# Feelings and actions cards

## Feelings and actions cards

These cards can be used to show someone how you are feeling. When you have identified how you are feeling, you choose one of the action cards. You then do this action and it should help you to feel a little bit better. These actions are a good way to deal with our emotions.



Happy



Sad



Angry



Ok



Frustrated



Stressed



Excited



Silly



Anxious



Drawing



Talk to an adult



Go outside for fresh air



Get a drink of water



Cuddle my teddy



Count to 10



Scream into a pillow



Play a game



Read a book