Feelings cards: Plan First!



Worried

Where do you feel it?



Brave

Where do you feel it?



Stuck

Where do you feel it?



Calm

Where do you feel it?



Excited

Where do you feel it?



Safe

Where do you feel it?

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LB-stilts-and-snip-plan-first-printable-002 · plan-first-feelings-cards

Using the feelings cards

Hold up one card and ask: where do you feel it? Your child can point to a place on their body, or say a word, or just show you. There are no right answers.

1. Pick the card that matches a moment in the story, then say what happened next.
2. Put two or three cards in a row and ask which one comes first, which one comes last.
3. Hold the card up when you feel it yourself. Grown-ups feel these too.
4. Cut along the dashed lines. Print on card stock if you can.

These cards use words and colour only. They show no faces, so a child can decide for themselves what a feeling looks like.

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