Feelings cards: Tully and the New Baby

Tight tummy

When everyone looks at someone else.

Where do you feel it?

Squeezy

When a place is too small.

Where do you feel it?

Small and far away

When a place is too big and quiet.

Where do you feel it?

Heavy and flat

When you sit down and say "Carry me."

Where do you feel it?

Warm and snug

When something fits.

Where do you feel it?

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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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