Feelings cards: Tully's First Day

Holding on

When you do not want someone to go.

Where do you feel it?

Squeezy

When a place is too small.

Where do you feel it?

Wide and wobbly

When a place is too big and nobody is near.

Where do you feel it?

Snug

When you find a place that fits.

Where do you feel it?

Busy and bright

When your hands have something to do.

Where do you feel it?

Glad all over

When someone comes back through the door.

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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