

## Emotional Empowerment

# Emotion Conversation Cards

Use these cards to help think through situations where you might feel a strong emotion, and then plan for how to express yourself in a helpful way. Examples are provided to help you get started.

Pre-school and Elementary	
Situation	How do you express yourself?
In gym class, you notice another student in your class is having a hard time with the activity for the day. Other kids in the class are teasing them. You find that you are good at the activity.	Since you are good at the activity, you approach the student having a hard time and offer to help them.
You are playing with a group of your friends on recess and you want to play your favorite game with them. You ask them to play with you, but your friends say they want to play a new game with a different group of friends today and they walk away from you.	
Your teacher is giving out prizes to the class for working hard. There are pencils and erasers in different colors, but by the time your teacher reaches your desk, there are only a few left and none of them are a color you like.	
While you are playing with your friends, you accidentally break one of your toys you just got for your birthday a few weeks ago. Your parents told you not to play rough with your new toy, but you made a mistake and it is ruined. Now, you have to tell your parents about the mistake when you get home.	

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The Movement for Children's Mental Health

