



Basic emotions visuals and discussion cards

Many children struggle to recognise emotions in themselves and in others. This is particularly true for many neurodivergent children, for whom social communication differences and interoceptive challenges can make recognising, understanding and regulating emotions tricky. This printable set contains 64 visual cards reflecting the basic emotions of happy, sad, angry and scared – a mix of cartoon-style graphics and photographs. It also includes 16 prompt cards to facilitate activities including sorting games and discussions. Great for use by occupational therapists, psychologists, other allied health professionals and educators for practical activities to help young children recognise basic emotions, identify body and facial clues in themselves and others, and reflect on possible actions or responses to a range of emotions.

Believe and Become, through the REACH UP initiative, is proudly delivering projects for the Peer Support and Capacity Building (PSCB) grant for the NDIS, including this free resource.

Happy



Sad



Angry



Scared



What clues can
we see on
their face?



What clues can
we see on
their body?



What might
make someone
feel this way?



When have you
felt this way?
What did you
do?



Joyful

Content Positive

Happy

Hopeful

Excited

Delighted



Hurt

Disappointed

Upset

Sad

Lonely

Discouraged

Ashamed



Frustrated

Jealous Irritated

Angry

Stressed

Annoyed

Furious



Worried

Nervous Anxious

Scared

Alarmed

Overwhelmed

Concerned



What might we
do when we
feel happy?



What could we
do when we
feel sad?



What could we
do when we
feel angry?



What could we
do when we
feel scared?





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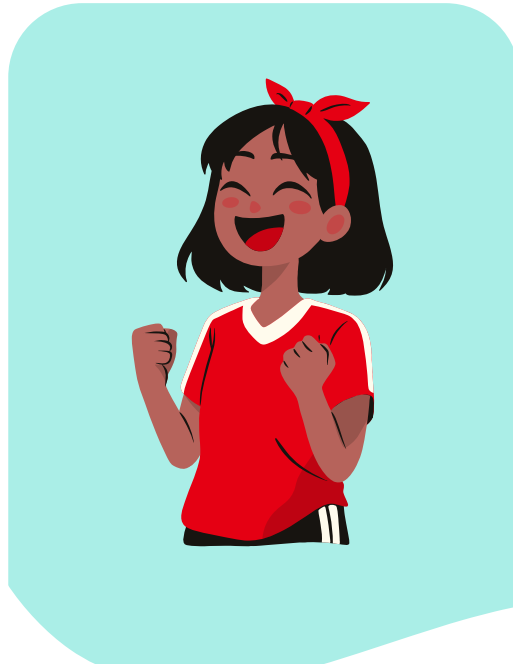
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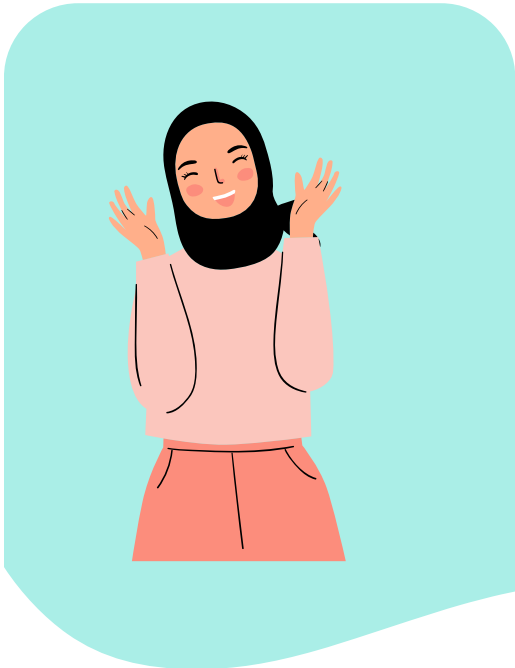
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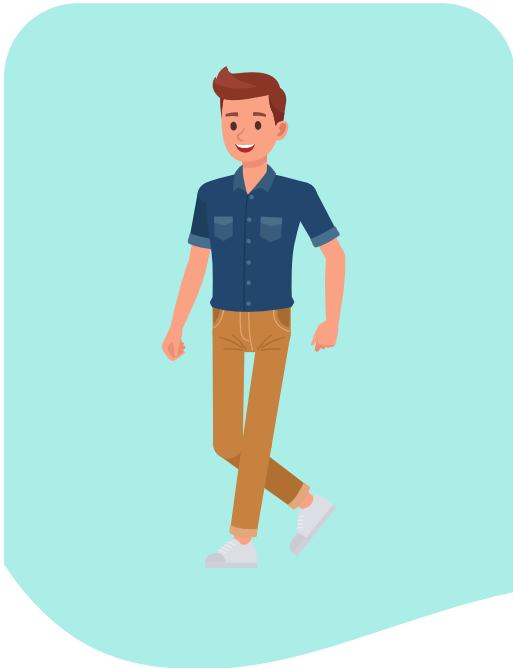
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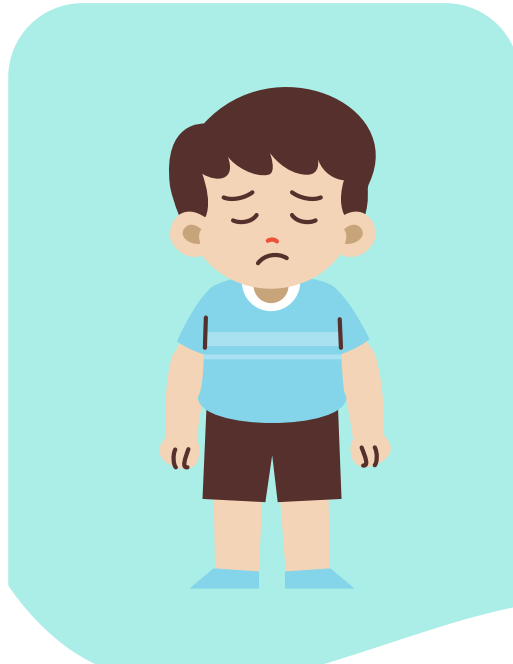
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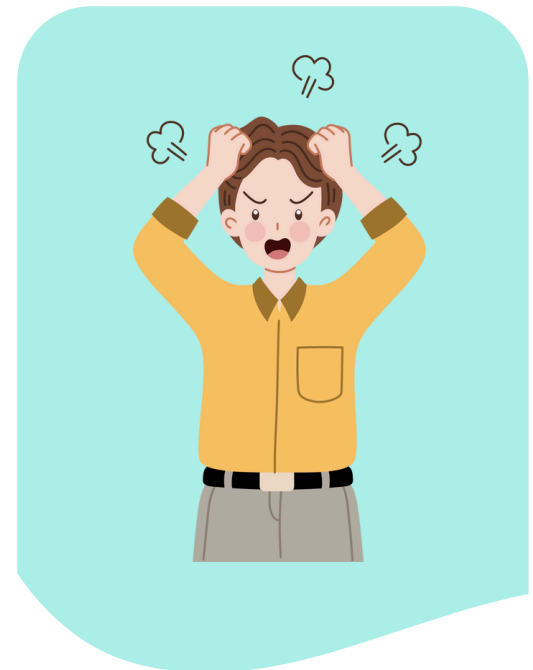
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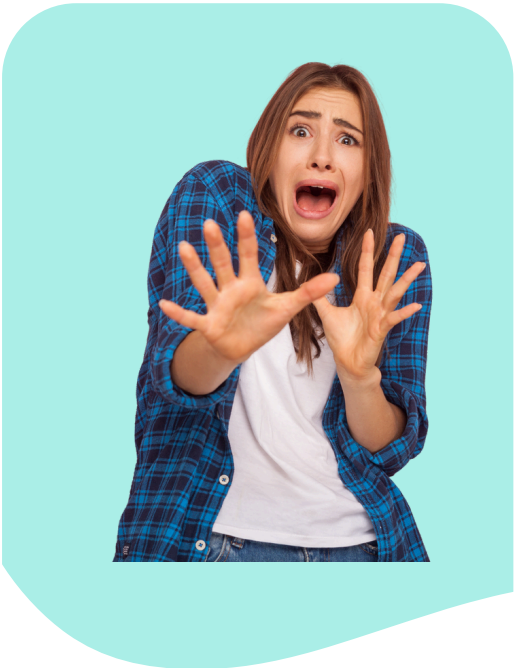


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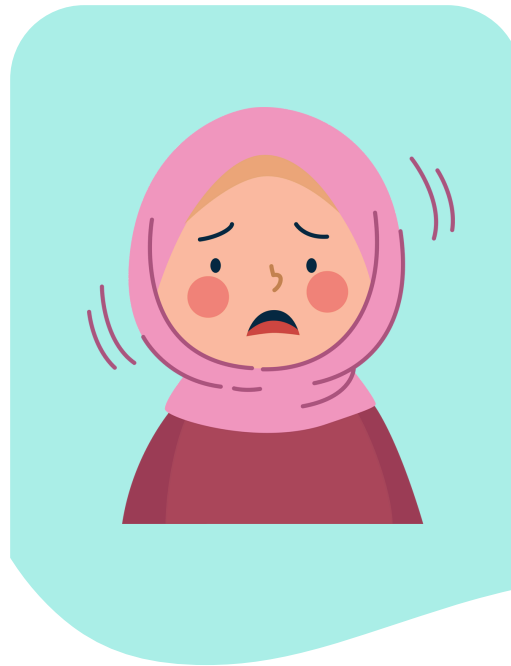
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