

Feelings Card Sort - Levels C & D

GRATITUDE

Build emotional awareness, vocabulary, and confidence in expressing feelings through a simple and playful card-based activity.



Learning Intentions

Recognise and name emotions:

Students aim to connect cards to specific feelings such as happy, sad, excited, and calm.

Express feelings in safe ways:

Students aim to share or act out a response that matches the card.

Listen to and respect others:

Students try to practise attentive listening and valuing peers' ideas.



Success Criteria

Students can select a card and correctly link it to a feeling.

Students can share or act out at least one response.

Students can listen to peers' answers with respect.



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Duration: 5 minutes

Objective

Build emotional awareness, vocabulary, and confidence in expressing feelings through a simple and playful card-based activity.

Players

- Small groups, pairs, or whole class.

Materials

- Deck of playing cards
- Chart or poster with 4 feelings: **Happy, Sad, Excited, Calm** (found in PDF resource tab).

Setup

- Display the chart with the four feelings where everyone can see.
- Teacher explains how different cards connect to different emotions.

Gameplay

1. Pick a Card

- A student draws a card from the deck.

2. Match the Emotion

- Numbers 2–5** = Happy (share a time they felt happy).
- Numbers 6–9** = Sad (share a time they felt sad).
- 10–K** = Excited (share a time they felt excited).
- Ace or Joker** = Calm (show or act out how they feel calm).

3. Share or Act Out

- The student shares their memory/idea, or acts it out for others to guess.

4. Group Response

- Peers listen and can respond with claps, thumbs up, or positive comments.

Debrief / Reflection

Ask:

- “Which feeling was easiest to talk about?”
- “Which was the hardest?”
- “How did it feel to share your ideas?”



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Variations for Different Settings

- **Children's Edition:** Use picture cards with faces instead of playing cards.
- **Fitness Edition:** Add a movement for each feeling (e.g., Happy = 5 star jumps, Sad = slow stretch, Excited = run on the spot, Calm = deep breath).
- **Teamwork Edition:** Work in pairs to share a memory or act out a feeling together.

For Wheelchair Users / Accessibility

- Students may point to or select from printed picture cards instead of holding cards.
- Feelings can be expressed using gestures, facial expressions, or assistive technology.
- Ensure group is positioned for eye contact and clear communication.

Notes for Inclusion

- Encourage multiple ways to express (talking, drawing, acting, gestures).
- Allow extra response time for students who need it.
- Celebrate all contributions equally to build confidence and belonging.

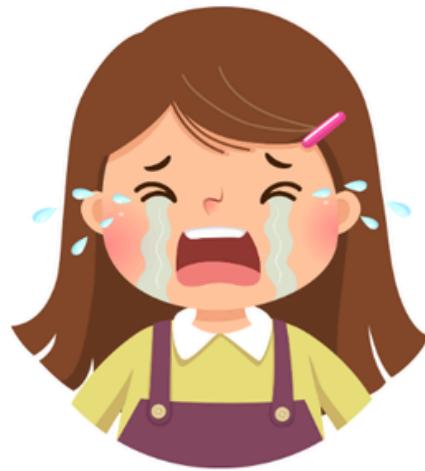


FEELINGS CHART

PRINT AND DISPLAY THE FOUR-FEELINGS CHART FOR STUDENTS TO SEE. GIVE EACH GROUP A DECK OF CARDS AND EXPLAIN HOW THE NUMBERS LINK TO DIFFERENT EMOTIONS.



HAPPY



SAD



EXCITED



CALM

