

# 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

