

# Feelings Card Sort - Levels F-3

# GRATITUDE

Encourage students to explore, name, and express emotions in a fun and supportive way, while building social awareness and communication skills.



## Learning Intentions

### Identify emotions:

Students practise recognising feelings such as happy, sad, excited, and calm.

### Express emotions with confidence:

Students share their feelings through words, drawings, or actions.

### Respect and connect with others:

Students listen to their peers and celebrate each other's sharing.



## Success Criteria

Students choose a card and match it to the correct emotion.

Students share or act out an example of that feeling.

Students listen respectfully to their classmates' ideas.



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**Duration:** 5–8 minutes

## Objective

Encourage students to explore, name, and express emotions in a fun and supportive way, while building social awareness and communication skills.

## Players

- Small groups, pairs, or whole class.

## Materials

- Deck of playing cards
- Feelings chart (Happy, Sad, Excited, Calm)
- Optional: visual support cards with faces or emojis

## Setup

- Place the feelings chart where all students can see.
- Teacher explains the card rules and models one example (e.g., draw a “7” = Sad, then act out a sad face).

## Gameplay

### 1. Pick a Card

- A student draws a card from the deck.

### 2. Match the Feeling

- **Numbers 2–5** = Happy → “Share or act out something that makes you happy.”
- **Numbers 6–9** = Sad → “Share or act out a time you felt sad.”
- **10–K** = Excited → “Share or act out something that makes you excited.”
- **Ace or Joker** = Calm → “Show or act out how you feel calm.”

### 3. Share or Act Out

- Student responds using a short story, action, or drawing.

### 4. Celebrate Together

- Group claps, gives a thumbs up, or says “thank you” after each turn.

## Debrief / Reflection

Ask:

- “Which feeling was easiest to talk about?”
- “What feeling do you want more of in your day?”
- “How did it feel when we shared together?”



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## Variations for Different Settings

- **Classroom Edition:** Create a “Feelings Wall” where students add drawings or words about their feelings.
- **Fitness Edition:** Add movements to each feeling (Happy = jumps, Sad = slow stretch, Excited = fast run on spot, Calm = deep breaths).
- **Partner Edition:** Students work in pairs to act out a feeling for others to guess.

## For Wheelchair Users / Accessibility

- Students can point to emotion symbols, use gestures, or use assistive technology.
- Teachers can offer choice boards with pictures for easy selection.
- Ensure group play allows for eye contact and inclusive participation.

## Notes for Inclusion

- Provide sentence starters (e.g., “I feel happy when...”) to support responses.
- Accept multiple forms of expression: talking, drawing, pointing, or acting.
- Celebrate all efforts equally to encourage 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

