

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.



Feelings Card Sort - Levels C & D

GRATITUDE

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?”



Feelings Card Sort - Levels C & D

GRATITUDE

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



FEELING PICTURE CARDS

PRINT, CUT, AND LAMINATE IF POSSIBLE. EACH FEELING HAS PICTURE CARDS AND COLOUR CARDS SO STUDENTS CAN SORT AND MATCH. CARDS CAN BE USED ON THE FLOOR, TABLE, VELCRO BOARD, OR INSIDE A SENSORY TRAY. STUDENTS MAY RESPOND BY POINTING, PLACING, EYE GAZE, GESTURE, MOVEMENT, OR AAC.



FEELING PICTURE CARDS



COLOURED EMOTION CARDS



COLOURED EMOTION CARDS

