



MOOD CARDS



Rädda Barnen



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MOOD CARDS

Why mood cards?

The mood cards can be used, either in groups or individually, to pedagogically talk about, make visible and put words to different emotions.

Using mood cards can make it easier to express emotions, show how one feels in the moment, or what one felt in a different situation. It can also be a way to show that we all have emotions—many different emotions. Understanding one's own feelings makes it easier to manage and talk about one's well-being, but also to learn how someone else is feeling.

The cards don't have any emotions written on them, so that everyone can interpret for themselves what emotion they think the picture represents. They also serve as a way to show how we can perceive and interpret different emotions on the same card. Sometimes, help is needed to put words to these emotions.

Talking about emotions with children is an important protective factor for good mental health.

If you want to read more about protective factors that strengthen mental health, you can do so here: [Mixed emotions – about the mental health of children and young people](#).

How do I use them?

Print the cards, laminate them, and cut them out!

There are no set rules on how to use the mood cards; find a way that works for you. Here are a few suggestions to get started:

- Start the session by letting all participants choose one or several cards that they feel represent how they are feeling right now. At the end of the session, you can ask them to choose one or several cards again. Perhaps they have the same feelings as at the beginning, or maybe they have different ones.
- Use the cards in connection with different exercises. How did it feel to do this exercise? What was it about this exercise that made you feel this way?
- Let each participant draw a card and put words to the emotion they see on the card. How does that emotion feel in the body? When does that feeling usually arise? What can you do when it happens?



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MOOD SCHOOL

Emotions can be described in many ways. You can be angry, but also grumpy, sullen, or furious. You can be happy, but also positive, lively, or joyful. Here are more words for emotions that you can use with the emotion cards.

SURPRISED, ASTONISHED, SHOCKED

The feeling wants to prepare you for when something unexpected happens.

AFRAID, THREATENED, SCARED, ANXIOUS

The feeling is meant to protect against dangers.

ANGRY, GRUMPY, MOODY FURIOUS, ENRAGED, IRRITATED

When something is unfair and someone has done or said something without first checking if it's okay with you.

CURIOUS, INTERESTED, TRY OUT, EXPLORE

The feeling makes you want to learn more and try new things.

SAD, HURT, DEPRESSED, DISAPPOINTED, DOWN, MELANCHOLIC

A feeling of missing something or losing something valuable. A need for care and nurturing.

SHAME, WRONG, EMBARRASSED, WORTHLESS, AWKWARD

The feeling of making mistakes or being wrong and inadequate. Not fitting in. Wanting to stop what you're doing. Hiding. Wanting to follow norms to avoid the feeling.

GUILT, REGRET, BAD CONSCIENCE

Regretting something that went wrong or negatively affected others.

STRESSED, ACTIVE, EXCITED, RESTLESS

A feeling that provides extra energy but can sometimes be overwhelming. Hard to shake off, an anxious sensation in the body.

HAPPY, LAUGHING, FUN, POSITIVE, LIVELY, CURIOUS, ALERT, JOYFUL, EAGER

Discovering and wanting to do more of what feels enjoyable. Open and approachable.

CALM, SOOTHED, CHILLED, RELAXED, COMFORTABLE, PEACEFUL

Encourages you to continue with what is relaxing and reassuring.

DISGUSTED, YUCK, UGH, REVULSED

The feeling wants to protect you from ingesting something disgusting or harmful. Spit out, vomit.

AVERSION, CONTEMPT

To move away from and withdraw. Protecting yourself from something unpleasant.

EMPTY, MEANINGLESS, HOPELESS

Everything is so difficult that you shut down your emotions. Wanting nothing, lacking energy.

BRAVE, TOUGH

A feeling that comes from doing something challenging. Showing courage.

PROUD, HONORED, CONFIDENT, SATISFIED, CAPABLE, VALUABLE

A feeling of having done something good and right for yourself or others.



A LITTLE  A LOT

Illustrations: Maria Borgelöv



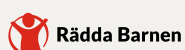
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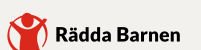
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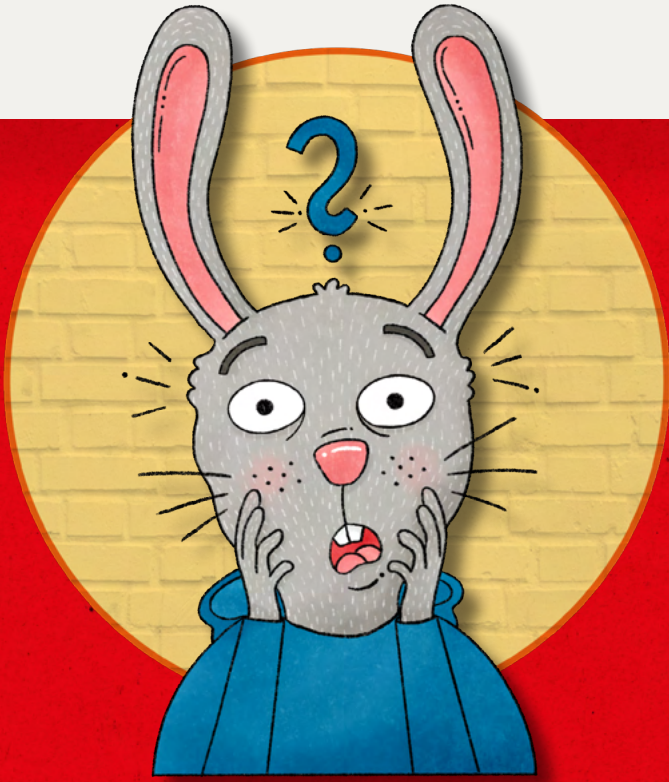
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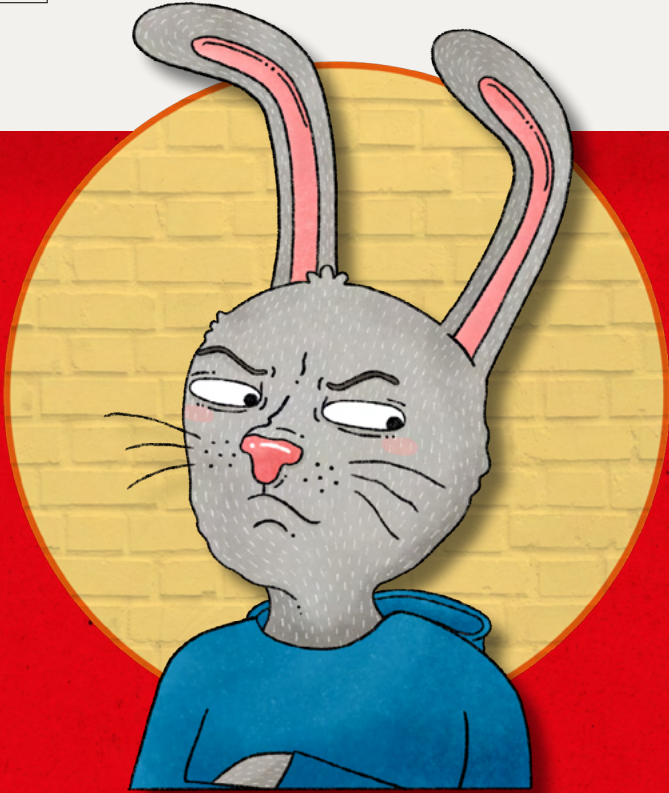
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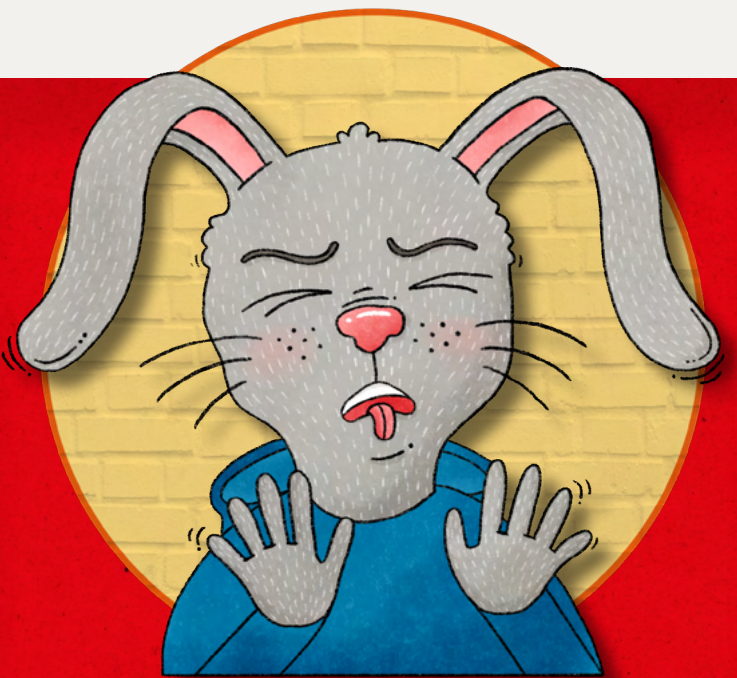
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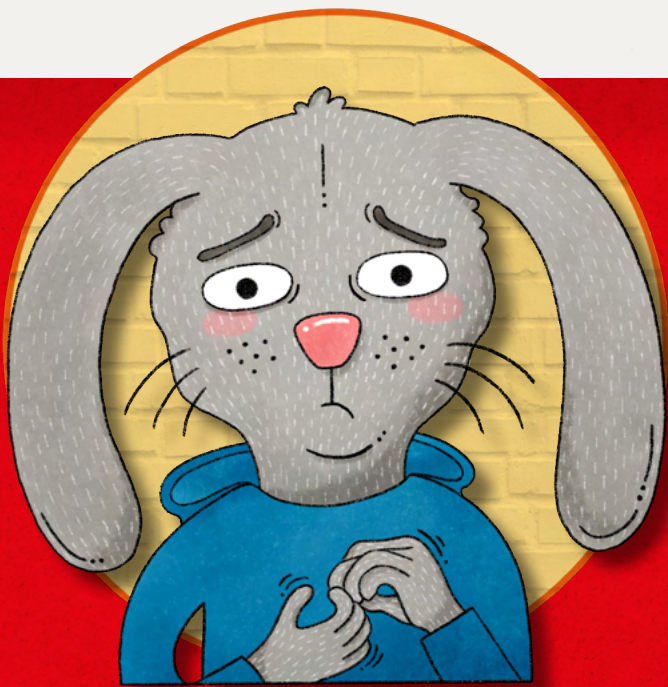
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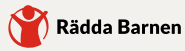
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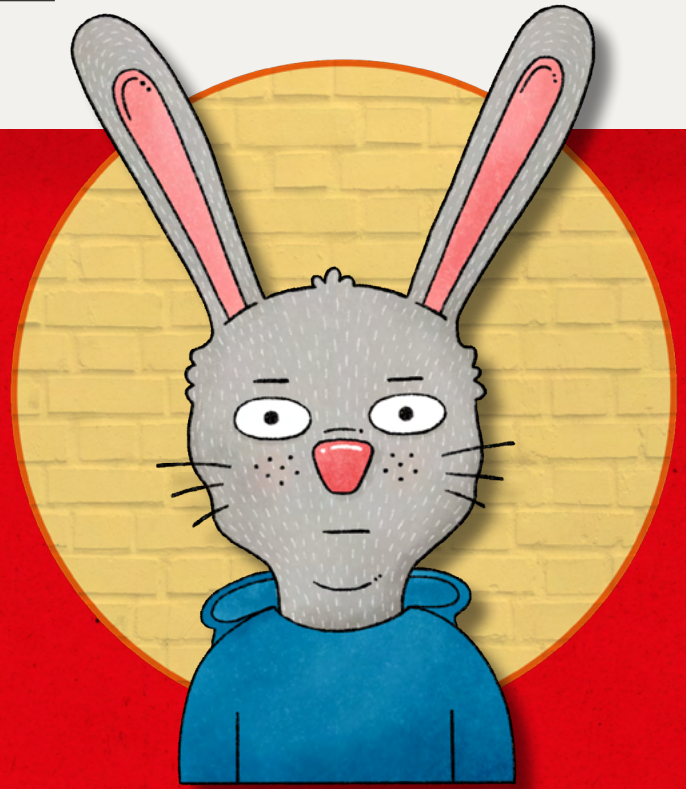
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