



Feelings Cards

For grown-ups: print, cut along the dashed lines, and play together.



Happy

What makes you feel happy?



Sad

What helps when you feel sad?



Shy

What helps a shy friend?



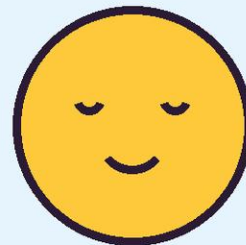
Proud

When did you feel proud?



Surprised

Show me a surprised face!



Calm

Take a slow breath. Calm.



Feelings Cards: how to play

Three short games for home or class. Ages 3–7.



1. Show me a face

Hold up a card. Read the word together and make that face. Then swap: your child picks a card for you.

2. When did you feel...?

Pick one card a day. Ask the question on the card and share your own answer first.

3. Watch and spot

Watch an episode together. Pause when a friend feels something and ask, “Which card is that?” In “The Tower Tumble”, Sana feels sad, then happy again. In “Come and Play!”, Nibs feels shy, then happy.

Tip: there are no wrong feelings. Name the feeling, then talk about what helps.

Watch free on YouTube: youtube.com/@heartbopkids

Episode guides and more printables: heartbopkids.com