

Emotions & Feelings

What's in the Deck

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Discovery Cards Content Map

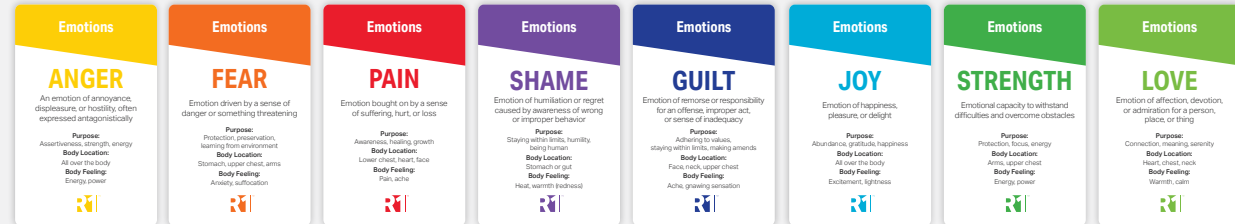
Overview Cards



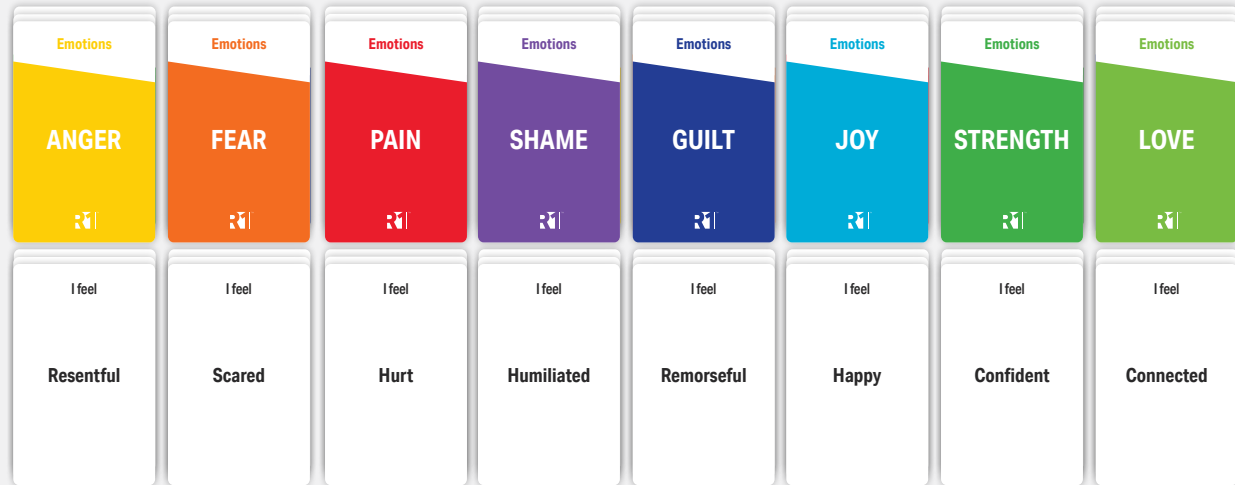
Activity Cards



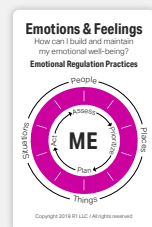
Definition Cards



Sorting Cards



Emotional Regulation Practices Cards



6 Overview Cards

- Main Color: Box Color
- 1 Topic Description Card
- 1 Quick Start Card
- 1 Model Card
- 1 Expert Card
- 1 Topic Definitions Card
- 1 R1 Card

5 Activity Cards

- Main Color: Black
- Activity 1: What Am I Feeling?
- Activity 2: Examine Your Emotional State
- Activity 3: Explore Emotional Regulation Practices
- 1 ME Action Card
- 1 People, Places, Things, Situations Card

8 Definition Cards

- Main Color: White with Color
- 1 Anger (Yellow)
- 1 Fear (Orange)
- 1 Pain (Red)
- 1 Shame (Purple)
- 1 Guilt (Blue)
- 1 Joy (Light Blue)
- 1 Strength (Green)
- 1 Love (Light Green)

40 Sorting Cards

- Main Color: Mostly Color
- 5 Anger (Yellow)
- 5 Fear (Orange)
- 5 Pain (Red)
- 5 Shame (Purple)
- 5 Guilt (Blue)
- 5 Joy (Light Blue)
- 5 Strength (Green)
- 5 Love (Light Green)

11 Emotional Regulation Practice Cards

- Main Color: Grey
- 1 Model
- 1 Acceptance
- 1 Connection
- 1 Emotional Expression
- 1 Gratitude
- 1 Health – Mental & Physical
- 1 Healthy Boundaries
- 1 Mindfulness
- 1 New Thinking
- 1 Principled Living
- 1 Spirituality

70 TOTAL CARDS