

A PICTURE, A WORD, A CHOICE

Feelings & choice cards

Pick one, several or none. Grown-ups can read; children can point, draw, talk or pass.



Point, draw, talk, ask a grown-up to write, or pass. Your page can stay private.

How to begin

Choose just one conversation card, or two or three feeling words. Talk about Fuzz, a toy or an imaginary day. Nobody has to share a personal story.

Give it time

Try a brief answer yourself, then listen. Accept a different answer, usual communication methods or silence. Do not turn it into a string of questions.

Pictures are possibilities

Faces do not prove how someone feels. These are original imaginary prompts, not quotations or assessments. Feelings are not good or bad.

A good place to stop

You do not need to complete the set. Pass, choose another card or stop. If a real concern is shared, listen calmly; do not investigate through the cards or promise secrecy.

Original activity informed by: NHS: Talking about feelings (reviewed 5 September 2026). Not endorsed by the source organisation.

Guidance and support: littlewoodlandsfeelingslab.digidentai.com/support

TELL - DRAW - POINT - PASS

Choose a little card

Adult help with scissors. The cards also work uncut.



Point, draw, talk, ask a grown-up to write, or pass. Your page can stay private.

Happy



Something feels lovely.

Point, talk, draw or pass.

Sad



Something feels upsetting.

Point, talk, draw or pass.

Angry



Something feels unfair or frustrating.

Point, talk, draw or pass.

Worried



I wonder what might happen.

Point, talk, draw or pass.

Excited



I am looking forward to something.

Point, talk, draw or pass.

Lonely



I would like some company.

Point, talk, draw or pass.

TELL - DRAW - POINT - PASS

Choose a little card

Adult help with scissors. The cards also work uncut.



Point, draw, talk, ask a grown-up to write, or pass. Your page can stay private.

Disappointed



I hoped it would happen differently.

Point, talk, draw or pass.

Calm



This moment feels comfortable.

Point, talk, draw or pass.

Mixed



More than one feeling can be here.

Point, talk, draw or pass.

Not sure



I do not have a word yet.

Point, talk, draw or pass.

My own word



I would call it something else.

Point, talk, draw or pass.

Pass



I do not want to choose today.

Point, talk, draw or pass.