



How are they feeling?



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How are they feeling? ColorCards

These cards present a range of scenarios and activities that occur frequently or rarely in everyday life, but which may have a huge influence or impact. Using relevant cards from the set provides opportunities to discuss what it may or may not portray, and provide an ideal start-point for conversation or story telling with individuals or groups.

The cards have been divided into the following suggested groups, but their versatility allows for a multitude of interpretations.



Love / Contentment / Joyfulness / Delight / Happiness / Pleasure / Bliss



Trust / Confidence / Dependence / Faith



Frustration / Fear / Unhappiness / Apprehension



Confusion / Uncertainty / Disorder / Change

The following pages illustrate the cards that have been placed in these categories as an initial start-point for use.



Love / Contentment / Joyfulness / Delight / Happiness / Pleasure / Bliss

- 7 Father and daughters relaxing on the beach
- 10 Mother and son embracing
- 11 A newborn baby girl sleeps deeply while her mother comforts her
- 14 Crowd at a concert
- 16 Young couple walking by a lake
- 24 Reaching the pinnacle – trekking to the top of a mountain peak





Trust / Confidence / Dependence / Faith

- 1 Small boy feeding his cat
- 5 The Royal Scots Borderers in uniform marching through the centre of Edinburgh following their return from a tour of Iraq
- 9 A visit to the dentist having a braces adjustment
- 12 Surgeons operating
- 13 A walk along the canal
- 23 Taking the plunge – bungee jumping





Frustration / Fear / Unhappiness / Apprehension

- 2 At the startline of a race
- 3 Mother and daughter packing items for moving house
- 4 Girl shouting loudly at young boy
- 8 Parents arguing in the background with daughter in foreground covering ears
- 18 Upset teenage school girl. Could be a victim of bullying, tired, worried about schoolwork, etc.
- 21 Taking an examination
- 22 Taking driving test
- 25 Having a hair cut
- 28 Driving and texting





Confusion / Uncertainty / Disorder / Change

- 6 Empty purse signifying no money
- 15 Lone girl on a dark street
- 17 Filling in a job application form
- 19 Fear, hiding, watching, spying
- 20 Job interview
- 26 Cheating
- 27 Attending a funeral
- 29 Two teenagers dealing with a situation/emotions
- 30 Car crash



Scenarios and situations

The cards can also be used to build scenarios and situations for use in storytelling and therapy work. Here are some ideas:

Scenario 1

- Girl in house with rowing parents then has to pull herself together to go for an interview. *Cards 8 and 20*
- Girl in house with rowing parents then shouts at her brother. *Cards 8 and 4*
- Rowing parents were arguing about wheelchair bound relative that lives with them – then take relative for a walk. *Cards 8 and 13*
- Boy shouted out by sister is competing in race. Parents were arguing about who is taking him, and had ignored the fact that the sister had an interview. *Cards 8, 4, 20 and 2.*



Scenario 2

- Little girl packing up and moving house is sad to go. *Card 3*
- She doesn't fit in where she has moved to and ends up being bullied. *Card 18*
- Takes out her frustrations on her brother. *Card 4*

Scenario 3

- Soldiers returning from duty. *Card 5*
- Not all return. *Cards 12 and 27*
- Difficulties in returning to normal life. *Card 19*
- Or, Love and appreciate every second that life offers. *Card 24*



Scenario 4

- Girl on her own in a strange town – very apprehensive. *Card 15*
- Dreams of a time when she was with her family. *Card 7*
- Two friends are frustrated in their attempts to find her. *Card 29*



Primary and basic emotions

There are a variety of theories that endeavour to identify what would be considered 'primary' or 'basic' emotions – categories of feelings that all other emotions fall into. The following diagram can be used as a start point for discussions:

Anger

Aggressive, bitter, cold, competitive, defensive, disgusted, disrespected, enraged, frustrated, hostile, jealous, mad, outraged, pressured, resentful, revolted

Fear

Anxious, cautious, concerned, fearful, frozen, insecure, intimidated, guarded, overwhelmed, panicked, stressed, tense, terrified, trapped, vulnerable, worried

Sadness

Apathetic, depressed, disheartened, disappointed, disillusioned, embarrassed, grief-stricken, guilty, hurt, lonely, needy, raw, regretful, rejected, shameful, stuck, tired, weak

Joy

Blissful, brave, confident, connected, ecstatic, energized, excited, friendly, happy, hopeful, loved, loving, proud, powerful, rebellious, relieved, relaxed, spiritual, strong, thankful, tough

Feelings word list

Love / Contentment / Joyfulness / Delight / Happiness / Pleasure / Bliss



Affectionate
Accepted
Appreciated
Beautiful
Brave
Capable
Caring

Compassionate
Competent
Connected
Content
Desirable
Engage
Exhilarated

Forgiving
Friendly
Fulfilled
Genuine
Lovable
Passionate
Peaceful

Self-reliant
Sincere
Special
Strong
Supportive
Sympathetic
Tender



Unique
Valuable
Warm

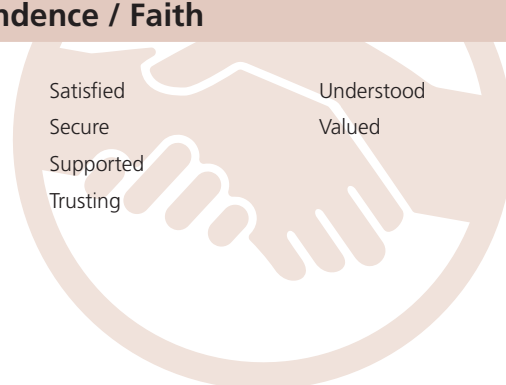
Trust / Confidence / Dependence / Faith

Calm
Centred
Cherished
Comfortable



Confident
Grateful
Hopeful
Loved

Optimistic
Relaxed
Respected
Safe



Satisfied
Secure
Supported
Trusting

Understood
Valued



Frustration / Fear / Unhappiness / Apprehension

Anxious
Apprehensive
Concerned
Defeated
Dejected

Desperate
Despairing
Devastated
Helpless
Hopeless

Hurt
Insecure
Melancholy
Miserable
Overwhelmed

Paranoid
Rejected
Scared
Suspicious
Terrified



Threatened
Vulnerable
Worried

Confusion / Uncertainty / Disorder / Change

Bewildered
Blamed
Conflicted
Confused



Dependent
Embarrassed
Indecisive
Insecure

Nervous
Overwhelmed
Puzzled
Scared



Suspicious
Torn
Vulnerable
Unsure



Intended for use in educational settings and/or therapy contexts under the supervision of an adult. This is not a toy.

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