

TEACHER RESOURCE



JUNIOR EMOTION CARDS



CYBER
SAFETY
PROJECT

CYBER SAFETY PROJECT CURRICULUM

Junior Emotions

Happy	Bored
Sad	Silly
Angry	Scared
Hurt	Nervous
Tired	Annoyed
Confused	Disappointed
Surprised	Relaxed
Embarrassed	Joy
Frustrated	Funny
Shy	Proud
Excited	Lonely
Calm	Confident
Worried	

cybersafetyproject.com.au

CYBER SAFETY PROJECT EMOTION CARD SETS



The Cyber Safety Project Emotion cards are designed to promote open conversations and acknowledge the range of human emotions that may be experienced through both online and offline scenarios.

When a young person can recognise and understand their own emotions they are better able to self-regulate and manage their own feelings, empathise with others and learn strategies to overcome a variety of challenging situations.



When used regularly, the Cyber Safety Project Emotion card sets allow young people to better understand themselves and learn how to articulate how they feel in a range of life experiences.

The Cyber Safety Project Emotions are designed to be a flexible stimulus that can be used as quick start activities, stand alone lessons or more specifically in line with the Cyber Safety Project F-6 Curriculum.

To learn more about the Cyber Safety Project F-6 Curriculum and school programs visit www.cybersafetyproject.com.au

QUICK START ACTIVITY 01

SORT IT

1

In small groups, students randomly select five Emotion Cards.

2

With their group, students sort them according to categories.

FOR EXAMPLE

Best feeling to worst feeling.

Easiest to overcome to most difficult to overcome.

Most often experienced to least often experienced.

3

Have students come up with their own list of categories to sort the Emotion Cards into.

Encourage discussion, comparison and justification.



QUICK START ACTIVITY 02

BUILD IT

1

The teacher or a student selects one of the Emotion Cards.

2

Use the whiteboard or a screen to develop a concept map displaying students' thoughts about this emotion.

3

Use the 5 W's (who, what, where, when, why) to prompt discussion.

FOR EXAMPLE

Who could you turn to if you felt this way when online?

What could you do if somebody else felt this way?

Where have you seen this emotion before?

When have you felt this way in the online world?

Why might you or somebody else feel this way when online?



QUICK START ACTIVITY 03

MATCH IT

1

The teacher gives each student one Emotion Card.

2

Can you think of a synonym for this emotion?

3

Students walk around the room and try to find somebody who has a similar emotion, or an emotion you might feel in a similar circumstance.

Can everybody find a partner?

4

When might you feel this way when using technology or playing online?



QUICK START ACTIVITY 04

FLIP IT

1

The teacher gives each student one Emotion Card.

2

Can you think of an antonym for this emotion?

3

Students walk around the room and try to find somebody who has an opposite emotion.

Can everybody find a partner?

4

When might you feel this way when using technology or playing online?



QUICK START ACTIVITY 05

ACT IT

1

Working in groups of four, two people take an Emotion Card without showing the other two people in their group.

2

These two students act out the emotion and the other students in their group try to guess which emotion they are portraying.

Students may talk and work together to act out their emotion.



This activity can also be completed with two teams, with the aim being to guess the emotion before the other team does.

Encourage students to think about online scenarios or situations



QUICK START ACTIVITY 06

TELL IT

1

Students are each given one of the Emotion Cards.

2

Students tell a partner or small group about a time when they have felt this way online.

Alternately, students may prefer to make up a fictional example of a time when somebody might feel this way online.



QUICK START ACTIVITY 07

DRAW IT

1

Working in a small group, one person takes an Emotion Card without showing anybody else.

2

This student draws the emotion and the other students in their group try to guess which emotion they are drawing.



This activity can also be completed with two teams, with the aim being to guess the emotion before the other team does.



QUICK START ACTIVITY 08

GUESS IT

Can you guess the emotion in only five questions?

1

One student selects an Emotion Card but does not look at it.

2

This student holds it above their head so everybody else can see it but they cannot.

The student holding the card asks the rest of the class questions about the emotion, which can only be answered with 'yes' or 'no', until they are able to guess the emotion correctly.



This game can also be played in reverse, so the person holding the card is the only one who sees it, and the rest of the class asks questions, only answered with 'yes' or 'no', until somebody is able to guess the emotion.



QUICK START ACTIVITY 09

EXPRESS IT

1

Working with a partner or in a small group, one person takes an Emotion Card without showing anybody else in their group.

2

This student mimes the emotion and the other students in their group try to guess which emotion they are portraying.

★

This activity can also be completed with two teams, with the aim being to guess the emotion before the other team does.



QUICK START ACTIVITY 10

WRITE IT

1

Students are each given one of the Emotion Cards.

2

Students write about a time when they have felt this way.

Alternately, students may choose to make up a fictional story about a time when somebody might feel this way.



HAPPY



SAD



ANGRY



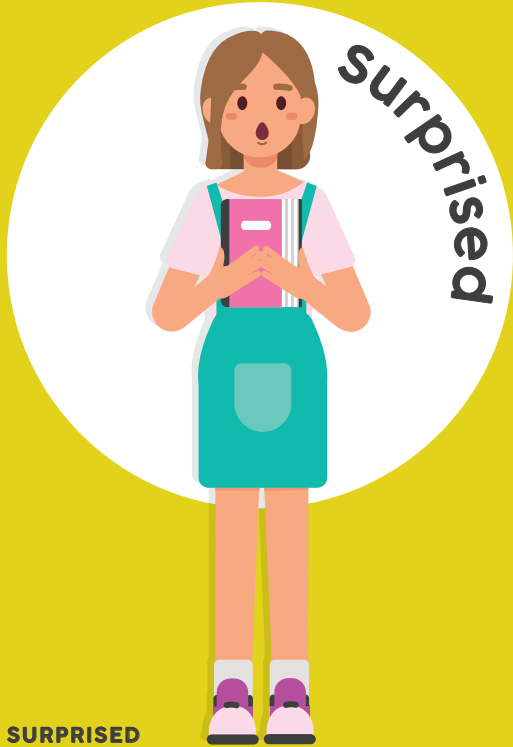
HURT



TIRED



CONFUSED



SURPRISED



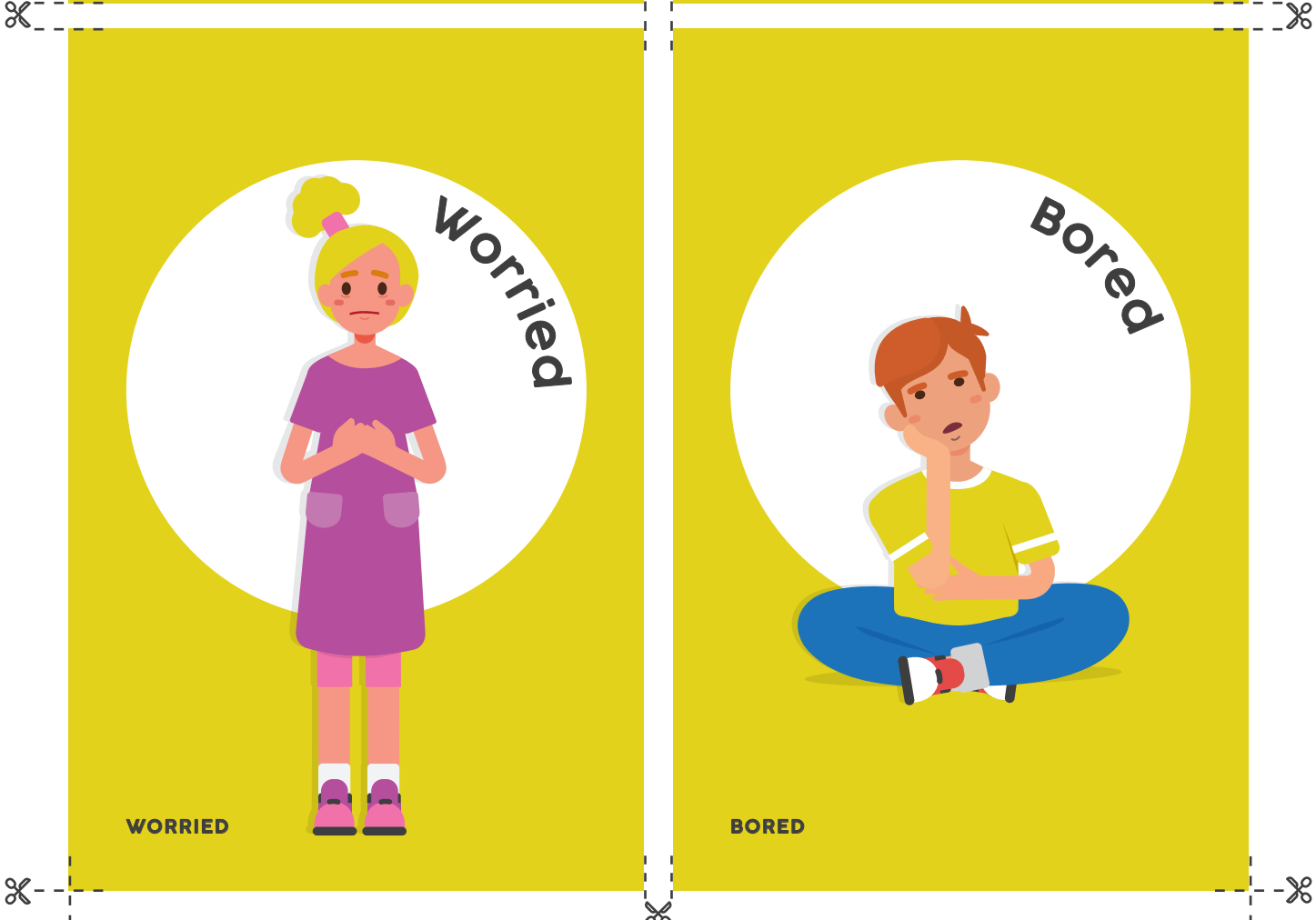
EMBARRASSED



FRUSTRATED



SHY





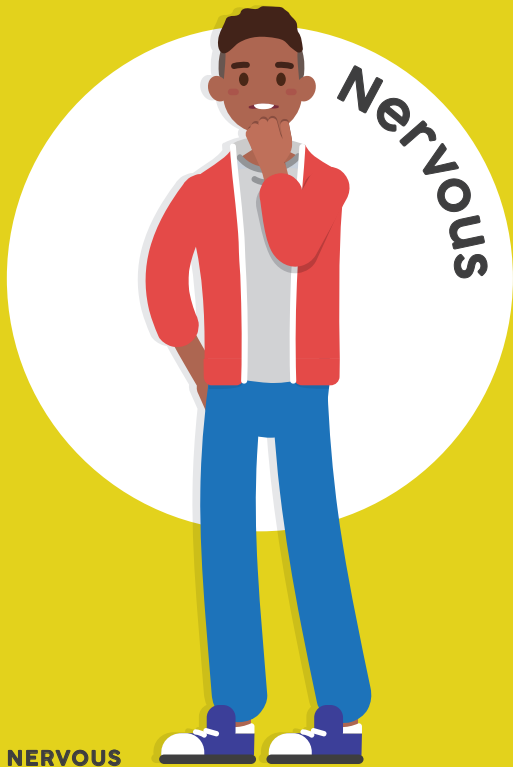
Silly

SILLY



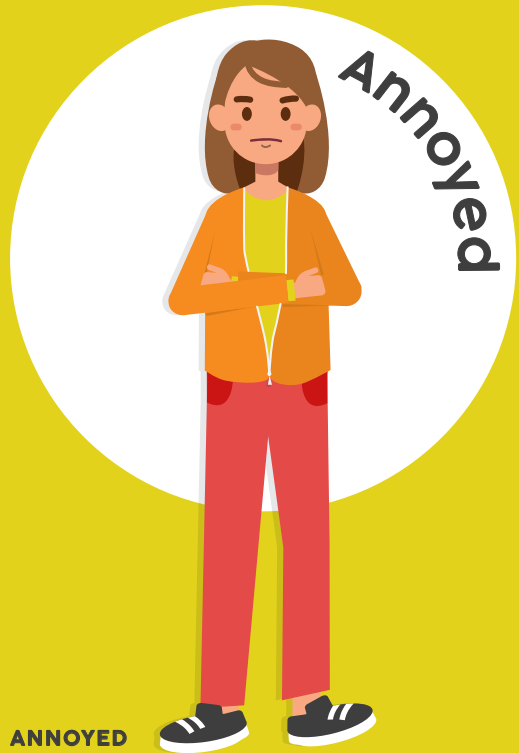
Scared

SCARED



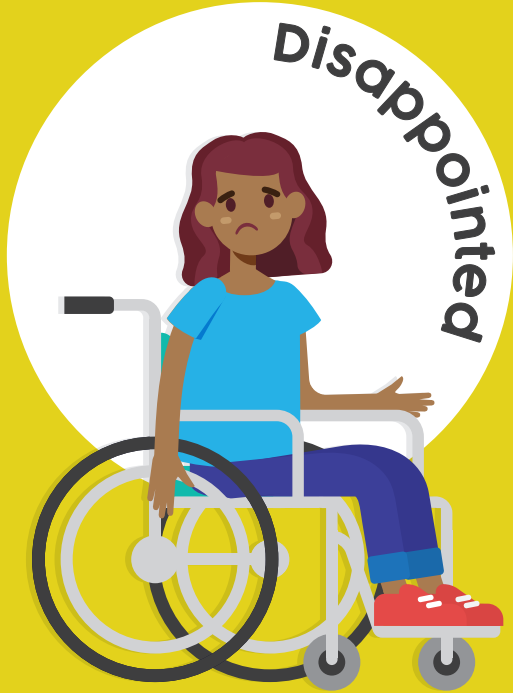
Nervous

NERVOUS



Annoyed

ANNOYED



DISAPPOINTED



RELAXED



JOY



FUNNY



PROUD



LONELY



CONFIDENT



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