

# Emotions Reach Out Card for Children

This file is yours to use personally, as many times as you would like. Print and cut out the cards for your child to reach out to you when they have an emotion they are finding difficult to verbally express!

I need a  
**hug.**

I NEED TO  
**talk**

I NEED  
**SPACE**

I need  
**HELP**  
to calm down

MY FEELINGS  
ARE  
**confusing**  
ME

I have a  
**WORRY**

**ANGER**  
**IS TAKING OVER!**

Can you help me  
undo the **knot** in  
my belly?

I FEEL  
**SCARED!**

I FEEL  
**SAD.**

I'M SORRY  
*(and it's really hard to say it)*

**OVEREXCITED!**  
**OUT OF**  
**CONTROL!**

I feel  
**hurt.**

I'm  
*embarrassed and*  
*finding it hard.*

**I need**  
**some**  
**confidence**

*I'd like us*  
*to spend some*  
*time together.*