

Emotions & Feelings

What's in the Deck

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Discovery Cards Content Map

Overview Cards



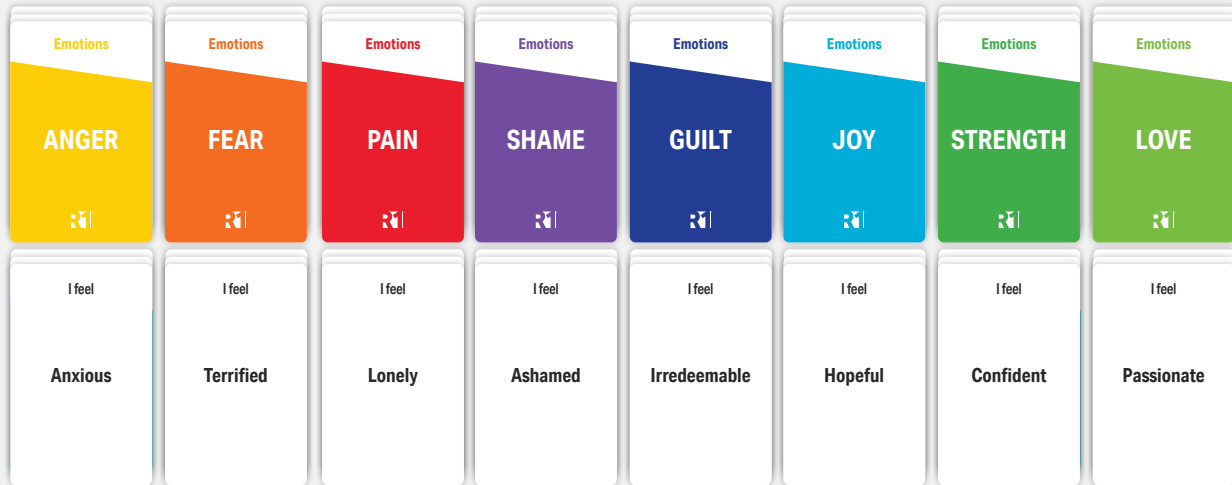
Activity Cards



Definition Cards



Sorting Cards



Emotional Regulation Practices Cards



6 Overview Cards

5 Activity Cards

8 Definition Cards

40 Sorting Cards

11 Emotional Regulation Practice Cards

70 TOTAL 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

Main Color: Black
 Activity 1: Identify My Emotions & Feelings
 Activity 2: Examine My Emotional State Dimensions
 Activity 3: Build My Emotions Regulation Plan
 1 ME Action Card
 1 People, Places, Things, Situations Card

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)

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)

Main Color: Gray
 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