



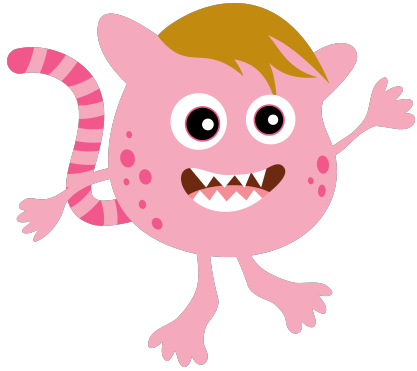
# MONSTER FEELINGS FLASH CARDS

created by Laurie Mendoza, MA, CAGS

[www.schoolcounselingfiles.com](http://www.schoolcounselingfiles.com)



## Instructions & Terms of Use



# MONSTER FEELINGS FLASH CARDS



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Thank you for purchasing my materials! I hope you and your kiddos will find them useful. These flashcards may be used in a variety of ways. You can either keep the monsters and matching feeling word cards separate for a matching game, or laminate them front-to-back on index cards to use as flashcards. There are a million things you can do. Here are a couple of ideas:

- ◉ Ask the child to identify how the monster on each card is feeling.

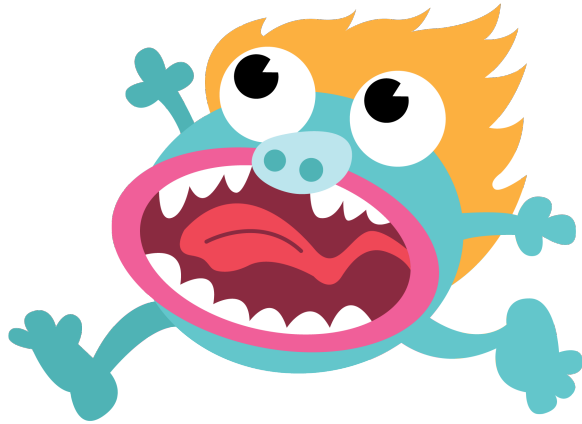
Go deeper: Why does the monster feel that way? How can you tell? What do you think happened? Have you ever felt that way? What Zone of Regulation is this monster in? What can the monster do to feel better?

- ◉ Outline a scenario and ask the child to pick a card showing the feeling that would be expected.
- ◉ For a super-quick “board” game, lay out a trail using the monster cards and the four extra space cards. Players roll a die and move a marker along the trail to the Finish. For each monster card they land on, players have to identify the feeling or answer a question about the feeling (see above).
- ◉ Play charades. Draw a card and act out the feeling. Other players try to guess what the feeling is.
- ◉ Use any of these activities as a companion to reading the book Glad Monster, Sad Monster by Ed Emberly & Anne Miranda.

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# MONSTER FEELINGS FLASHCARDS



Scared



Mad

# MONSTER FEELINGS FLASHCARDS



Friendly

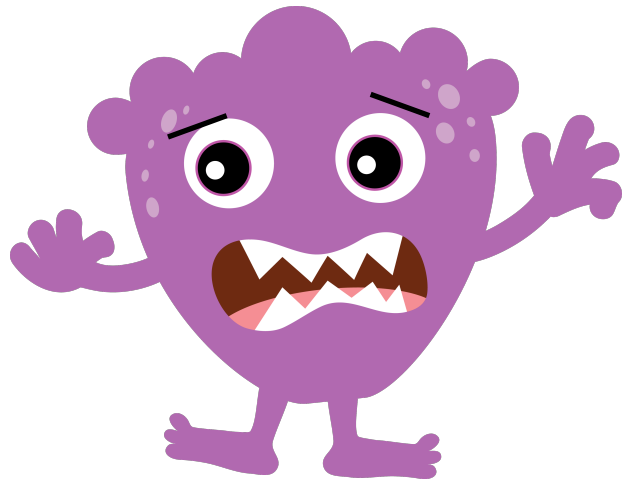


Surprised

# MONSTER FEELINGS FLASHCARDS

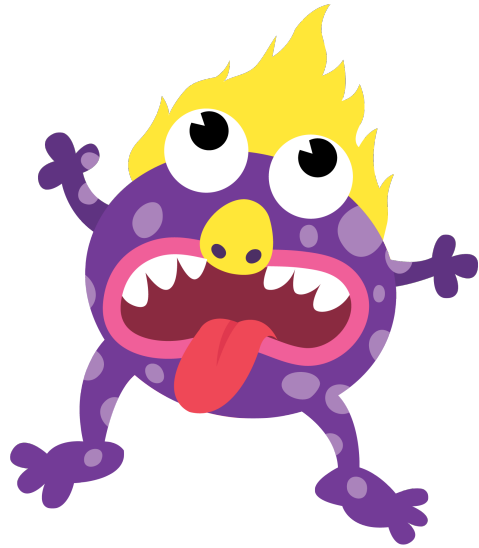


Glad



Worried

# MONSTER FEELINGS FLASHCARDS



Silly

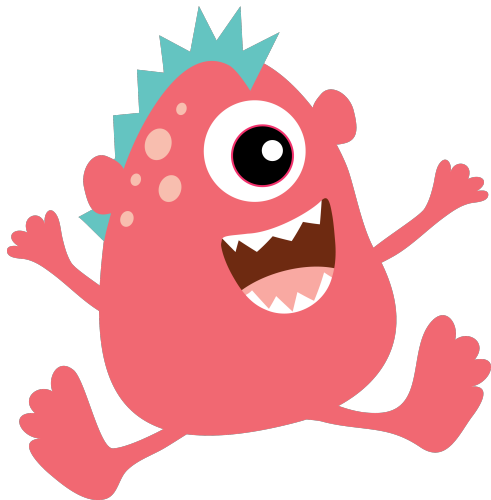


Sad

# MONSTER FEELINGS FLASHCARDS



Happy



Excited

# MONSTER FEELINGS FLASHCARDS

START

FINISH

Good luck!  
Roll again

Go back  
2 spaces