

Emotional Empowerment

Emotion Conversation Cards

Use these cards to help think through situations where you might feel a strong emotion, and then plan for how to express yourself in a helpful way. Examples are provided to help you get started.

Middle and High School	
Situation	How do you express yourself?
You just tried out for a sports team/musical group/extracurricular activity. The results have been posted and you were not accepted into the group, but your best friend was. They want to talk about it with you.	While you are disappointed you weren't accepted into the group, you take the high road and congratulate your best friend. You tell them that you support them and are there to help in any way.
At the end of the day you hear some of your friends talking in the hallway about a party they have been invited to. When you walk up to them to ask more about it, they stop talking and get quiet.	
Your teacher tells the class there will be a project each student has to present in front of the whole grade. You really don't like talking in front of people. As time passes and the project gets closer, you want to talk with your teacher about it.	
You recently found out one of your friends said something very unkind about you when you weren't around. You want to talk with them about it.	