

Känslisar/ Emojis

This is a deck of cards with a big range of smiles/emoji's. Their aim is to encourage and practice the awareness of both one's own and others feelings. The cards can be helpful in the process of identifying and explain feelings – both your own and others.



Here are some examples of how "Känslisar" can be used:

Identify the feeling

Use the cards to help someone identify feelings and thoughts and how they are linked to a particular situation.

- Select a card that shows the feeling you have today.
- Try to describe how it feels in your body when you have the feeling.
- On a scale 1–10 how much do you feel?
- How do you think about the feeling you feel?
- What has happened to make you feel this way?
- What do you think the feeling want to tell you?
- Does the feeling prevent you from doing other things that you maybe should do?
- How can you handle your feelings in a good way? What can you do/what action?

What has happened since last time?

Part of becoming aware of ones feelings and being able to express them in the right situation is to practice the ability to name the feelings and link them to situations we have experienced.

- Spread the cards on the table and ask the person to pick up 5–10 cards that describes how it's been since the last time. (one week, one month ..).
- Ask the person to take one card at a time and describe what the card represents during this time and what feeling it gave.
- Ask them to choose three cards that represent good things that have happened and three things that represent bad things that have happened.

A special situation

A situation can evoke many emotions, before, during and after. This means that it is often necessary to use several emotional words to describe a feeling.

- Ask the person to describe a specific incident.
- What happened before?
- What feelings did you have before? Choose among the cards.
- What feelings did you get during the event? Select among the cards.
- What did you feel just after? Choose from cards.
- What feeling did you get after a long time (one day, one week...)? Choose among the cards.
- How did you think you handled the situation?
- What could you do differently? Responded differently?
- Sometimes you show one feeling outward but have another inside that is not visible on the outside. Talk together about examples of this and how it can look and feel.

Talk emotions and goals

- What feeling do you have most in your life right now?
- How strong is the feeling on a scale of 1–10?
- What feelings would you like to have more of?
- What could you do to get more of these feelings?
- Which of these actions would you already be able to do today?
- What differences would other people see in you?
- If you made a change, what effects would these have on those who are close to you?

[Turn for more exercises >>](#)

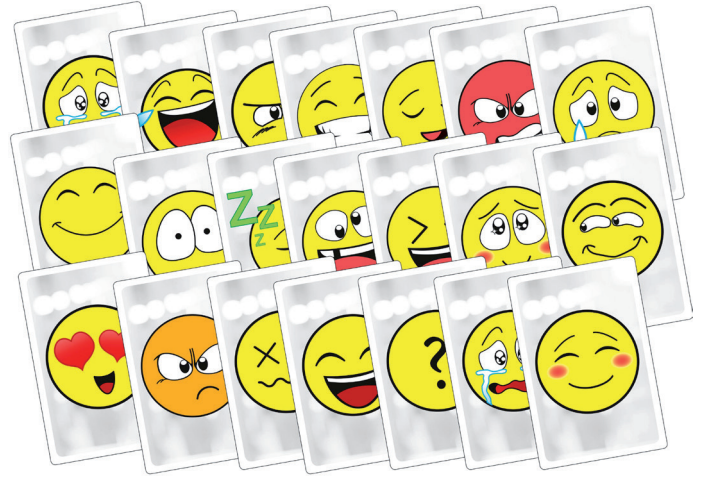
Group exercises:

Identify the feeling

- One of the participants describes a situation in which they experienced different feelings without telling what feelings it was.
- Spread all the cards on the table and let the others in the group select cards that they think represent feelings that the person telling the story might have.
- Together, the group helps identify and explain these feelings.

Guess the feeling

- Select some of the most "distinct" emotion cards. Let someone pull a card out of the card game without looking at it. Show it for the rest of the group. Let the rest of the group show the feeling in the body language and mimic and let the one who pulled the card guess the feeling.
- Discuss in what situation such a feeling may be strong.
- Could it be that one shows a feeling outward but has one another inside that is not visible on the outside? Talk together about examples of this and how it can look and feel.



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Examples of emotions:

Acceptance	Defying	Happy	Stressed
Admiring	Delighted	Hateful	Surprised
Afraid	Depressed	In love	Surprised
Amazed	Desperate	Indifferent	Terrified
Amazed	Disappointed	Inspired	Tired
Angry	Disgust	Interested	Tormented
Angry	Disgusted	Irritated	Trusting
Anguished	Embarrassed	Mischievous	Uneasy
Ashamed	Enthusiastic	Passionate	Worried
Beloved	Euphoric	Pensive	Wounded
Bored	Excited	Pleased	
Confused	Expectant	Revengeful	
Cool	Frustrated	Satisfied	
Crazy	Furious	Shocked	
Curious	Furious	Sceptical	
Cursed	Guilty	Sorry	
Declared	Happy	Startled	

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