

Feeling Word Cards — Mind + Body

Pair each word with a **body signal**. “Is a pitter-patter heart excitement?” Explore together to name feelings more clearly · cut along the dashed lines.

Bright tones

Joy

mouth corners lift



Excited

heart goes pitter-patter



Proud

shoulders puff up



Thrilled

body wiggles



Calm tones

Calm

breath slows down



Absorbed

time flies by



Drowsy

eyes feel heavy



At ease

shoulders drop



Unsettled tones

Upset

chest feels heavy



Nervous

tummy tightens



Hurt

nose tingles



Shy

cheeks get warm



Full tones • Shifting tones • Blank cards

One feeling can hold many tones. Use arrow (→) cards to show the **flow**, and write your own words on the blanks.

Moved 😊 eyes get misty	Touched 😊 chest feels warm	Relieved 😊 breath opens up	upset → 😞 calm how the feeling moved
nervous → 😞 safe how the feeling moved	bored → 😞 absorbed how the feeling moved	+ your family word	+ your family word

Today's tone — sorting board

Place a cut-out card next to the scene you saw today. There are no right answers.

😊 The tone I saw most today a feeling that kept showing up	😊 The tone of the calmest moment when the body relaxed
😞 A tone that wobbled for a bit and how it passed	🌱 A tone to carry into tomorrow what I'd like to do alongside

🌱 Body signals are just examples. Every child feels tones differently — don't evaluate; find the names together.