

Name 5 Thoughts and Emotions Challenge Cards

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Name 5 Things Challenge Cards

**Name five things
that make you
feel excited.**



Name 5 Things Challenge Cards

**Name five things
that might
frustrate you.**



Name 5 Things Challenge Cards

**Name five ways
to calm down.**



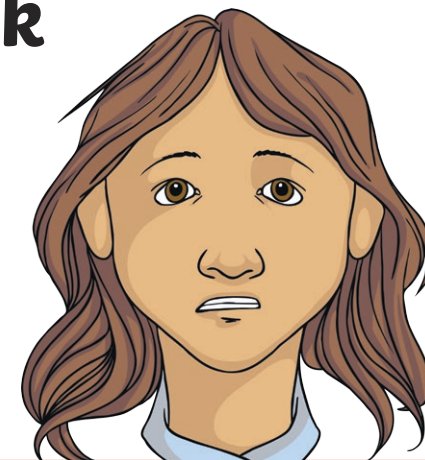
Name 5 Things Challenge Cards

**Name five things
that might
make you
angry.**



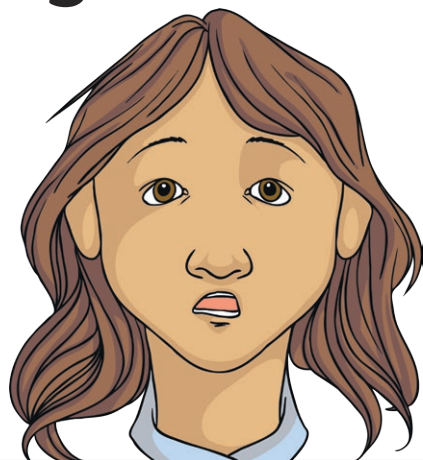
Name 5 Things Challenge Cards

**Name five people
you could talk
to when you
feel worried.**



Name 5 Things Challenge Cards

**Name five things
that someone
might be
afraid of.**



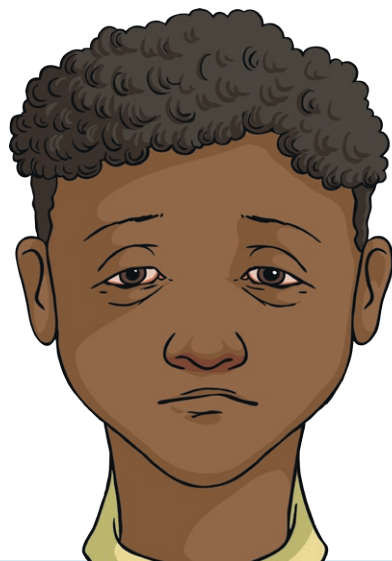
Name 5 Things Challenge Cards

**Name five
emotions.**



Name 5 Things Challenge Cards

Name five negative emotions.



Name 5 Things Challenge Cards

Name five positive emotions.



Name 5 Things Challenge Cards

Name five colours associated with emotions.



Name 5 Things Challenge Cards

Name five ways you can tell if someone is happy.



Name 5 Things Challenge Cards

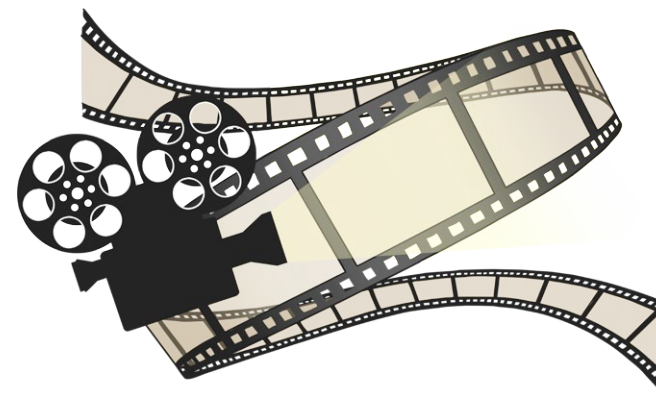
**Name five
uplifting songs.**



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Name 5 Things Challenge Cards

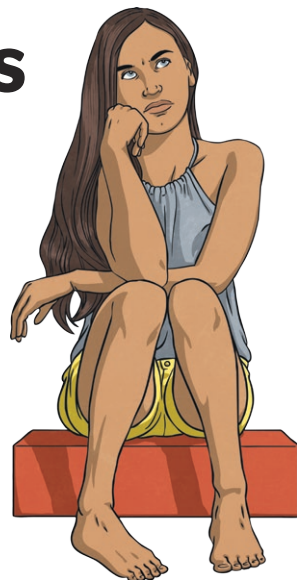
**Name five sad songs
or films.**



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Name 5 Things Challenge Cards

**Name five things
you might say
to someone to
cheer them up.**



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Name 5 Things Challenge Cards

**Name five things you
might say to
someone to
calm them
down.**



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**Name five scenarios
that could make
someone
nervous.**



**Name five things
that might
make you
feel proud.**

