

# Emotions & Feelings

What's in the Deck

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## Discovery Cards Content Map

### Overview Cards



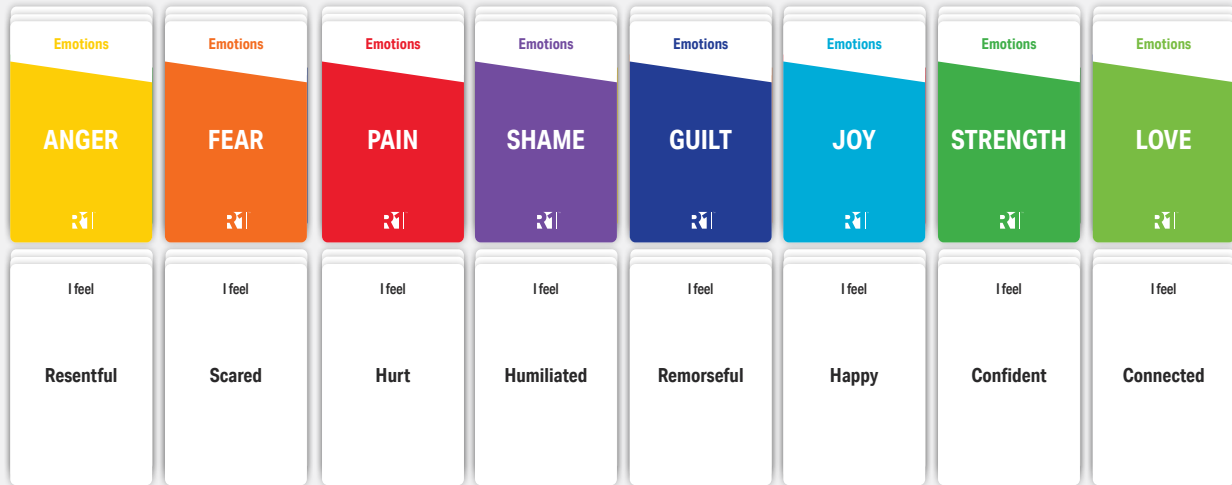
### Activity Cards



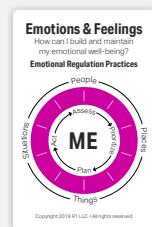
### Definition Cards



### Sorting Cards



### Emotional Regulation Practices Cards



6 Overview Cards

5 Activity Cards

8 Definition Cards

40 Sorting Cards

11 Emotional Regulation Practice Cards

70 TOTAL CARDS

Main Color: Box Color  
 1 Topic Description Card  
 1 Quick Start Card  
 1 Model Card  
 1 Expert Card  
 1 Topic Definitions Card  
 1 R1 Card

Main Color: Black  
 Activity 1: What Am I Feeling?  
 Activity 2: Examine Your Emotional State  
 Activity 3: Explore Emotional Regulation Practices  
 1 ME Action Card  
 1 People, Places, Things, Situations Card

Main Color: White with Color  
 1 Anger (Yellow)  
 1 Fear (Orange)  
 1 Pain (Red)  
 1 Shame (Purple)  
 1 Guilt (Blue)  
 1 Joy (Light Blue)  
 1 Strength (Green)  
 1 Love (Light Green)

Main Color: Mostly Color  
 5 Anger (Yellow)  
 5 Fear (Orange)  
 5 Pain (Red)  
 5 Shame (Purple)  
 5 Guilt (Blue)  
 5 Joy (Light Blue)  
 5 Strength (Green)  
 5 Love (Light Green)

Main Color: Gray  
 1 Model  
 1 Acceptance  
 1 Connection  
 1 Emotional Expression  
 1 Gratitude  
 1 Health – Mental & Physical  
 1 Healthy Boundaries  
 1 Mindfulness  
 1 New Thinking  
 1 Principled Living  
 1 Spirituality