



Sunbuddy®
Feeling Cards

Instructions

Individual:

1. Spread the cards out faces down.
2. Pick 1, 2 or 3 cards.
3. Study them and focus on why you are feeling this way.
4. Speak or write as to why you feel you picked these cards.
5. For the heavy emotions look for the opposite light emotion.
6. Think about how you can get to that feeling and watch for the signs of transformation.

Groups:

1. Spread the cards out faces down.
2. Each member of the group picks two cards, one with the right hand and one with the left.
3. Each person discusses why they feel they picked the cards.
4. For the heavy emotions look for the opposite light emotion.
5. Talk about how to get to that feeling and watch for the signs of transformation.

Instructions

Conflict Resolution:

1. Divide the deck into the heavy emotions and the light emotions
2. Spread the cards out faces down
3. Pick 3 cards from each pile
4. The heavy emotions are what the issue is really about
5. The light emotions are what will lead you to the solution

Suggestions for speech, spectrum and autism therapy:

1. Spread the cards out faces UP
2. Tell your patient or client to pick 1, 2 or 3 cards that mean the most to them
3. Watch for amazing results

These exercises are great for individuals, families, groups, therapists, speech therapists, school counselors and social workers.

List of Feelings

Accepted - Rejected

Brave - Fearful

Disciplined - Undisciplined

Embracing - Jealous

Forgiving - Resentful

Guiltless - Guilty

Happy - Sad

Honest - Dishonest

Kind - Cruel

Loved - Lonely

Patient - Impatient

Peaceful - Mad

Safe - Scared

Sensitive - Insensitive

Sharing - Selfish

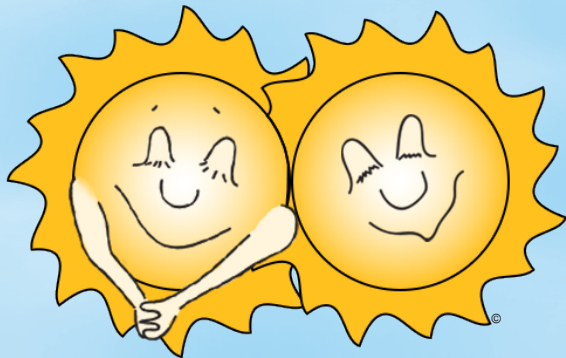
Smart - Careless

Thankful - Thankless

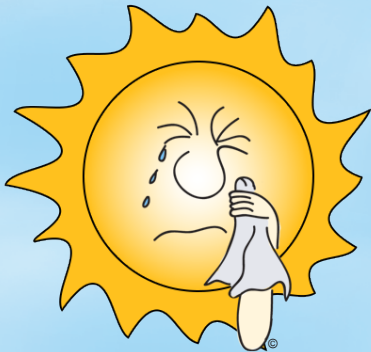
Triumphant - Defeated

Willing - Stubborn

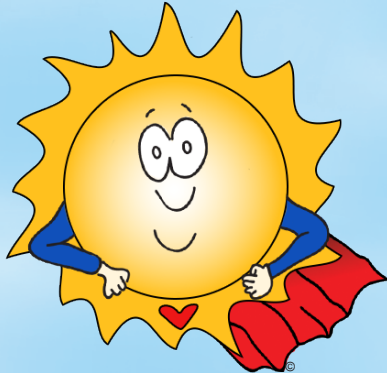
Wonderful - Horrible



accepted



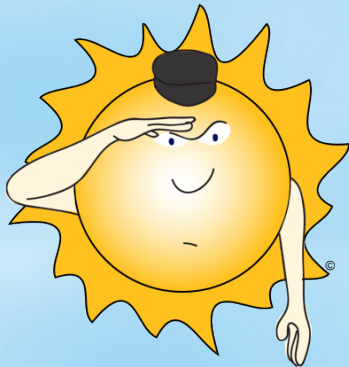
rejected



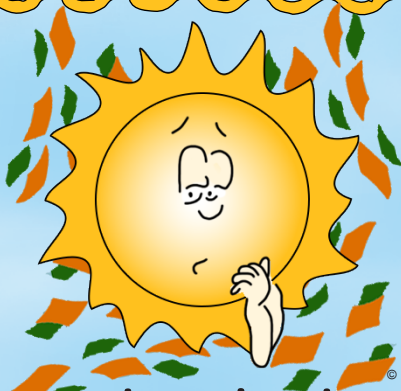
brave



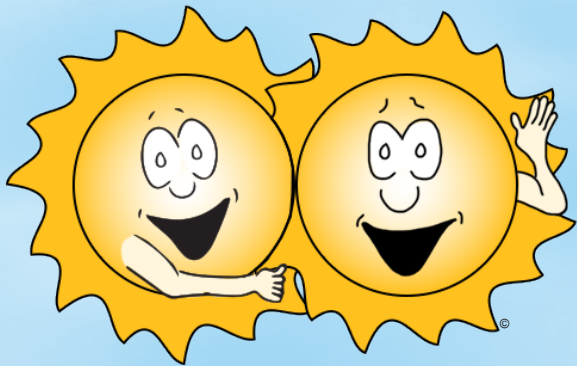
fearful



disciplined



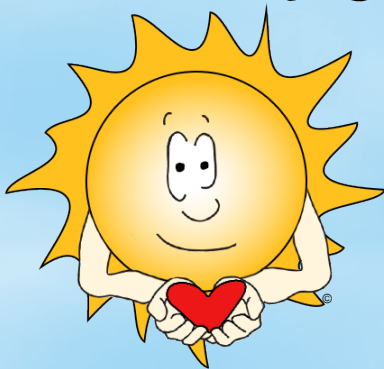
undisCiplined



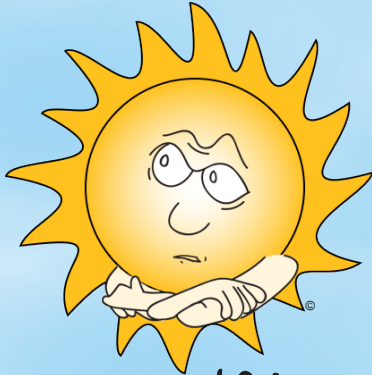
embracing



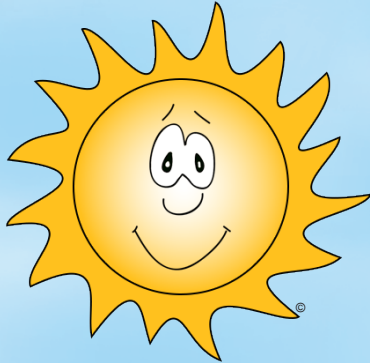
jealous



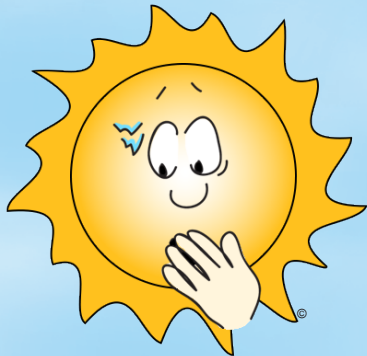
forgiving



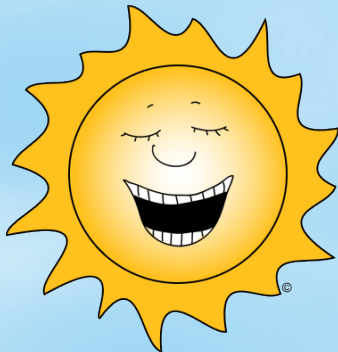
resentful



guiltless



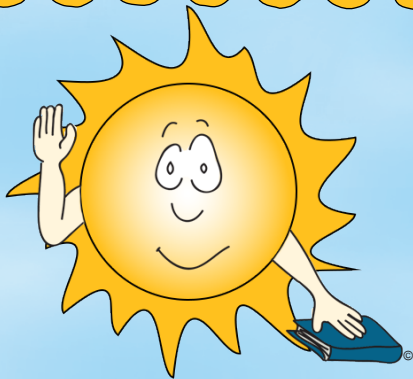
guilty



happy



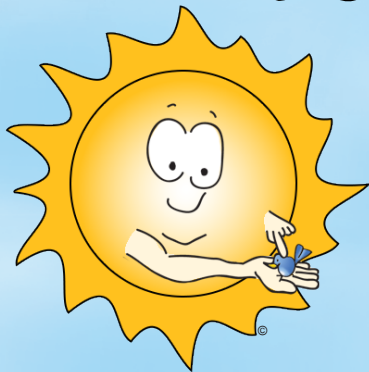
sad



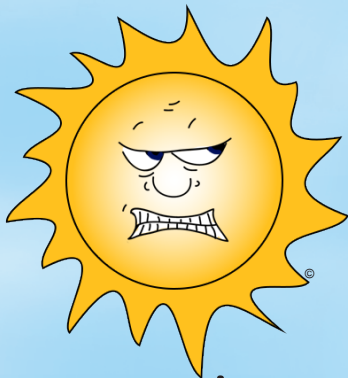
honest



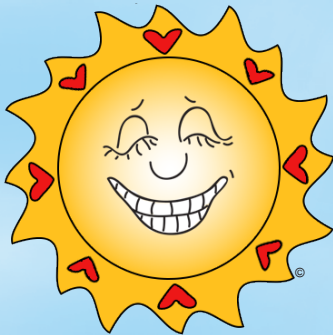
dishonest



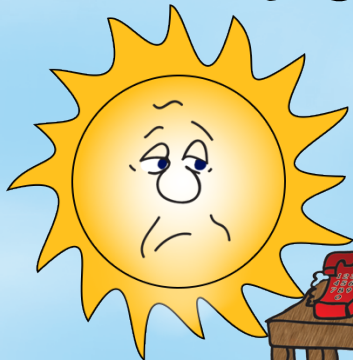
kind



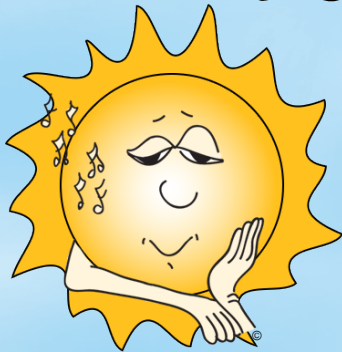
cruel



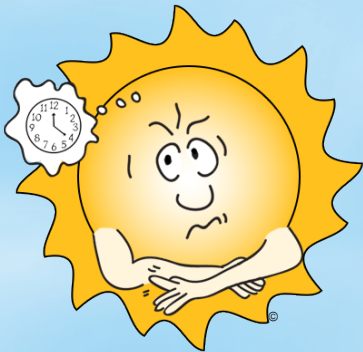
loved



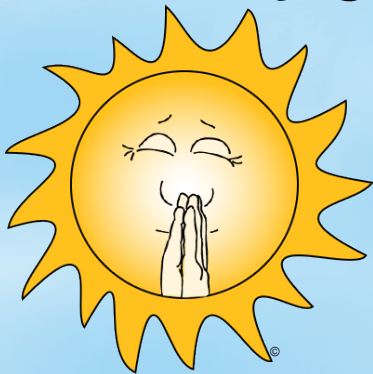
lonely



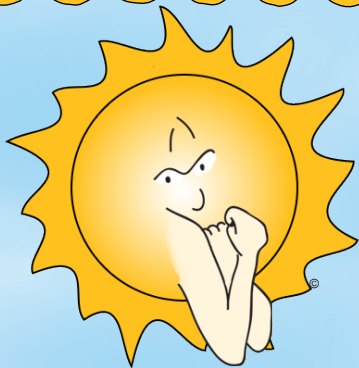
patient



impatient



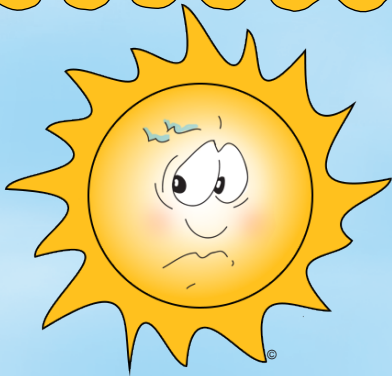
peaceful



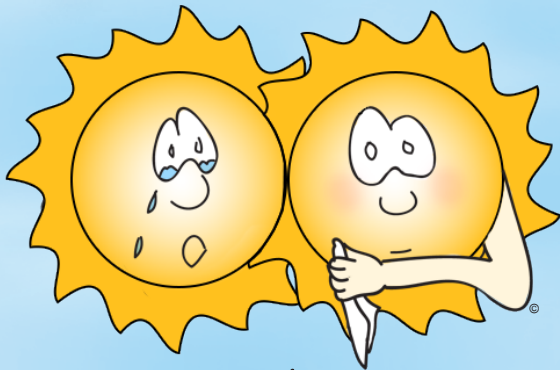
mād



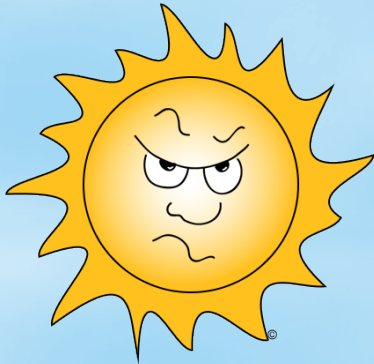
safe



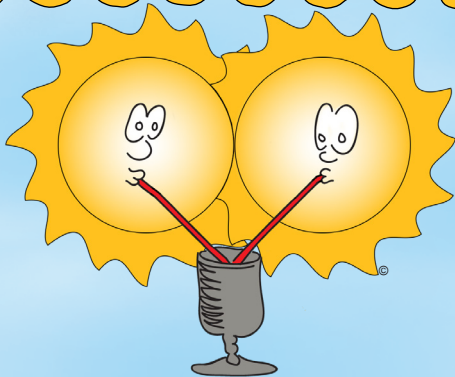
scared



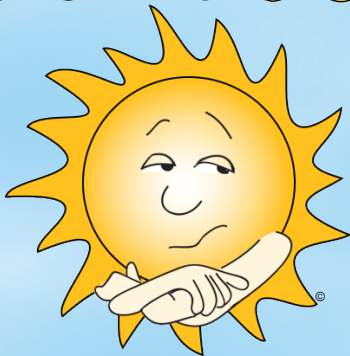
sensitive



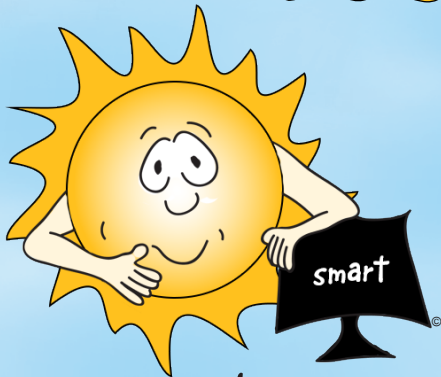
insensitive



sharing



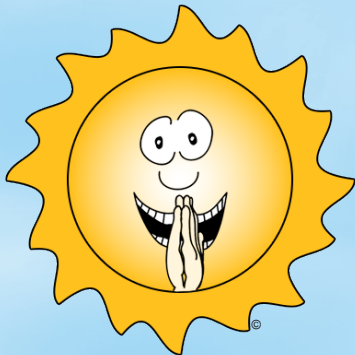
selfish



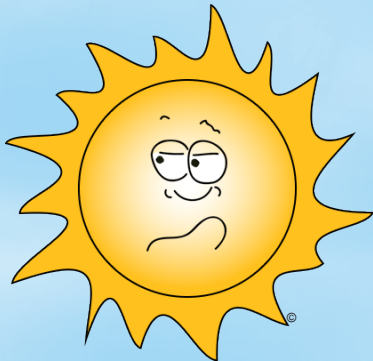
smart



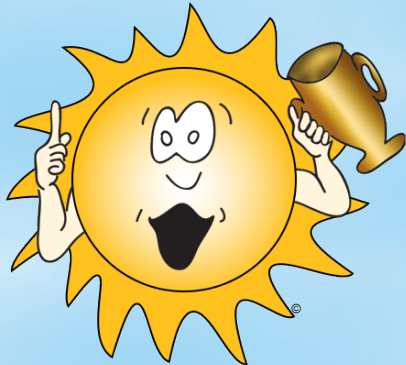
careless



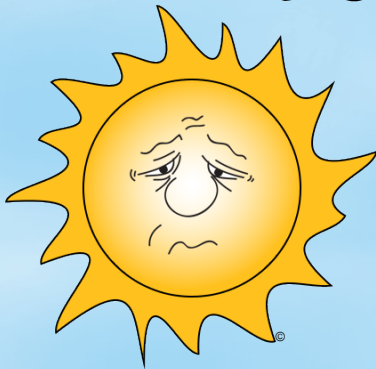
Thankful



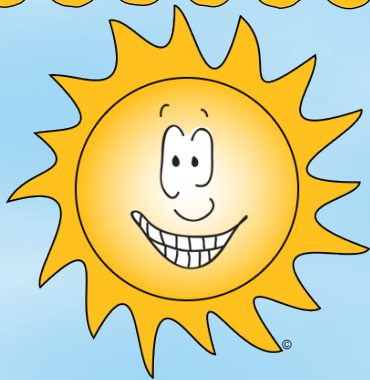
Thankless



triumphant



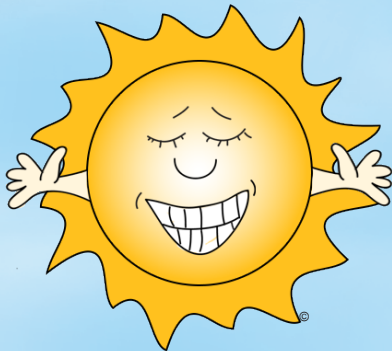
defeated



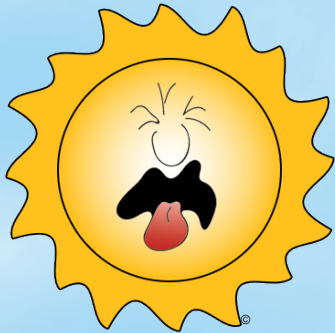
willing



stubborn



wonderful



horrible