

Instructions:

Print each page double-sided and select "Flip on short edge" print option.



Happy

Joyful. At peace. Warm. Optimistic. Confident. Feeling happy can be defined in so many different ways that all feel great.



Ask your child to show you a happy face.



Share something that makes you happy and ask your child to do the same.



Silly

Silly

Being silly is all about letting loose, having fun, and making people smile. Taking time to get a little wacky and laugh each day is a wonderful release for everyone in the family.

1

Ask your child to make a silly face.

2

Next, take turns making more silly faces back and forth. Then you can also try making a silly dance or handshake together.



Calm

Calm

Relaxed. Content. Secure. Feeling calm gives kids the space they need to focus, think clearly, make better decisions, and handle challenges in a more peaceful way.

- 1** Ask your child to close their eyes and show you a calm face.
- 2** Have them describe a place or activity that makes them feel calm. What does it look, smell, sound, and feel like? Encourage them to take a deep breath and think of this place next time they feel overwhelmed.



Excited

Excited

Holidays, birthdays, the first day of school! Feeling excitement is the opposite of boring. It's when you're super-duper happy and so thrilled about something that's going to happen that you can't get rid of the smile on your face.



Ask your child to show you an excited face.



Ask your child to think about a time when they felt excited. Now dance, jump, wiggle, and wave your body around to express that feeling.



Curious

Curious

Why is the sky blue? Why can't I see my eyes? Life is full of questions, big and small. Staying curious about the world opens doors to new experiences, expands their horizons, helps them make sense of things around them, and empowers kids to become lifelong learners.

1

Ask your child to show you a curious face.

2

Ask your child to share something they're curious about, and investigate it together.



Brave

Brave

Boosting your child's confidence and self-esteem is essential to helping them cope with challenges and mistakes. It teaches them to keep trying if they struggle at home, school, or with friends.

- 1** Ask your child to show you a brave face.
- 2** Ask your child to describe a person or character they think is brave. Then come up with a plan to help your child feel strong and confident like them so next time they're scared or nervous, they remember how to be brave.



Grumpy

Grumpy

Cranky. Moody. Annoyed. When you're feeling grumpy, everything seems to bug you a little more than usual—even things you normally like.

- 1** Ask your child to show you a grumpy face.
- 2** Ask your child to think of 3 things that help them feel better when they're feeling grumpy. If they aren't sure, come up with some ideas together. Keep these in mind as options to soothe them next time they feel this way.



Sad

Sad

Sadness is often misunderstood. While it's nobody's favorite emotion, remember that it's totally normal to feel.

- 1** Ask your child to show you a sad face.
- 2** Ask them to share a time when they felt sad and discuss what to do if they feel that way again.



Angry

Angry

Stompy feet. The urge to SHOUT. Feeling angry means being really mad about something. So mad that your body might feel hot and your face shows that you're unhappy.

1

Ask your child to show you an angry face.

2

Brainstorm healthy ways of handling anger together, like taking a break in a safe soothing space, or expressing feelings through words, coloring, or physical activity.



Confused

Confused

Feeling confused can be, well, confusing. It's like having a puzzle in your mind but not knowing how all the pieces fit together just yet, which can be frustrating or embarrassing.

1

Ask your child to show you a confused face.

2

Explain to your child that it's okay to be confused sometimes, and it can even be a good thing when it turns into curiosity. Be sure to let them know they can come to you with questions about anything, anytime.



Scared

Scared

Feeling afraid, on edge, or overwhelmed with worry that something bad may happen is a normal reaction in many situations. But feeling scared all the time means something needs to change.

- 1** Ask your child to show you a scared face.
- 2** Share something that scares you and how you get through it. Opening up can help your child understand it's normal to have big feelings, give them ideas of what to do when scared, and remind them that you're a safe place when they need comfort.



Anxious

Anxious

Butterflies in your tummy, a faster heartbeat, overlapping thoughts. Feeling anxious is an uneasy sort of excitement that can be unsettling for kids unless they have tools, like your support, to feel calm.

- 1** Ask your child to show you an anxious face.
- 2** Ask your child to share a time when they felt overwhelmed, nervous, or shy, and come up with a plan, like a secret signal they can give you, when they need your support.



Wild Card
(Roar the Dragon)

Dragon Song

You found Roar the Dragon! Practice the Dragon Song together now, and see how a few deep breaths can help calm future meltdowns.

♪ **When you're tired
and you're grumpy
and you wanna shout,
pretend you're a dragon
and let it out.
Hahh! Hahh! Haaahhh! ♪**





**What is
toxic stress?**

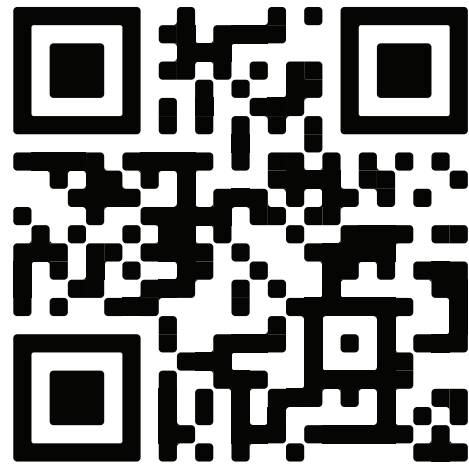
When a child goes through something traumatic, like losing a parent, getting bullied, or being exposed to violence, the stress of that experience can build up inside their body. Without specific support from a parent or caregiver, it can turn into toxic stress, which can have long-lasting physical and mental effects.



A blue sunburst background with rays emanating from the center, creating a bright, glowing effect. The rays are in various shades of blue, from light to dark, and are arranged in a circular pattern.

**Get more
tips and
activities**

Scan the code to find more ways you can help your child cope with challenges and give them a stronger start.



A green sunburst background with rays emanating from the center, creating a bright, glowing effect. The rays are composed of many thin, overlapping lines that create a textured, radial pattern.

How to prevent toxic stress

The cards in this activity game are designed to help you define common emotions your child may have gone through so they have a better understanding of the world around them and develop healthy coping strategies. By staying calm, showing them that you'll be there no matter what, and creating a steady, nurturing environment, you can prevent or help your child heal from toxic stress.



Be calm



Be steady



Be there



Be nurturing

