VISUAL SUPPORTS AND DAILY ROUTINES

Printable Emotion Cards

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A set of simple emotion cards and a check-in page, using plain words and original drawings.

These are simple, original My SEND Friend drawings and empty boxes you can fill. They are not PECS, Widgit, Boardmaker or any other licensed symbol system. Use the person's own words, photos, or drawings if those work better. A visual is a support, not a test — stop or change it if it adds pressure. This is not a diagnostic tool and it is not a trademarked programme.

Who this is for

Families and settings who want a low-pressure way to show or name a feeling.

What is inside

- How to offer emotion cards
- A feelings check-in
- Cards to cut out
- A "what helps" page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Feelings check-in

Point to a face, colour a circle, or add your own word. There is no right answer. Change the wording if the person already uses different words.



What might have led to this feeling? (only if the person wants to add it)

What might help right now?

For example a quiet space, a drink, a movement break, a trusted adult, or more time.

Emotion cards to cut out

These use very plain labels. If a word does not fit, write a better one on a blank card. You do not have to use every card.



I feel good



I feel okay



I feel wobbly



I feel overwhelmed



I feel quiet



I feel tired



I need help



I need a break

My own word

My own word

My own word

My own word

What this feeling might need

If I show “I feel good” or “I feel okay”, what usually helps me keep going

If I show “I feel wobbly”, what should adults try first

If I show “I feel overwhelmed”, what I need straight away

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk visual supports and family tools
- Adapt every chart to words and pictures the person already knows
- This is not a behavioural programme and it is not a licensed symbol set

A reminder about this free pack

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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