# Little SPARK: Simple Play Adaptations to Reference for Kids

## Feelings Chart and Cards

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| **Description:** | **Image:** |
| Each Feelings Chart comes equipped with 1 felt background board/ folder, 1 "I Feel" card, 19 feelings felt-backed cards, 1 "I Need" card, 19 activities felt-backed cards. Emotion cards can help children identify their own feelings and emotions. | Fabric Chart with clear pocket at the bottom. Displayed on the chart are cards with faces displaying emotions including happy, excited, shy, bored, angry, sad, scared, nervous, worried, etc. |

**Who Might Benefit?**

Those who have difficulty identifying feelings, need support determining what to do when they have certain feelings, or have motor challenges and are unable to draw picture to depict feelings.

**Why Use?**

Provides an opportunity to talk about feelings, show how they are feeling without talking, and recognize the choices they have to change how they feel.

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| Instructions for Use: | Adaptation Ideas: |
| **Environmental Considerations**   * Quiet, private area for discussion of feelings.   **Positioning & Alternate Positioning**   * Use in any position; chart could be displayed in the classroom.   **Basic Play/Use 🡪 Extended Play/Use**   * Use in a one-on-one setting, or during whole group activities. * Point out opportunities/area in the classroom where some the “needs” identified on the cards can be met (e.g. earphones, break, fidget, bathroom).   **Play/Use with Others**   * During group time, have children share their feelings and why they feel that way. * When reading stories or singing songs, refer to the chart. * Draw cards and mimic the facial expression/action depicted. | Build It Up  * Consider mounting pictures on foam board and add Velcro to the backs.  Stabilize It  * Smaller number of cards could be arranged on a trifold display board made from foam core board.  Simplify It  * Reduce the number of emotions.  Add Sensory Cues  * Add puff paint or Wikki Stix to trace outlines of pictures.  Communication Support  * Record feelings on a voice output device with added visual support representing the recorded feeling.  DIY Alternatives  * Use chart paper and drawings of stamps to illustrate feelings and needs. |

### Words to Encourage Play/Use

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| **I feel**  Person pointing to themself with three faces to the right showing different emotions. | **Happy**A face with upturned line like a smile | **Sad**A face with downturned line, like a frown, eyes that also turn down and a single blue tear falling from the right eye. |
| **Sick**A person with their arms around their stomach, a squiggly mouth, half-opened eyes, and five circles floating around their head. | **Surprised**A face with raised eyebrows and wide open mouth with their hands next to their mouth resting on their cheeks. | **Tired** A face with eyes closed, a wide open mouth being covered by a single hand. |
| **ConfusedA face with squiggly eyebrows and mouth and eyes that look in different directions and two black question marks on either side of the face.** | **MadA person with a red shirt, mouth open, eyebrows pointing down, and their arms raised with fists at the end, lines next to their arms indicate movement.** | **Scared**  **A face with eyebrows curving up and mouth slightly open with teeth showing with lips curved slightly.** |

\*”Adaptations” adapted from: Haugen’s Modes for Adapting Toys based on materials from the "Let's Play" Project at the University of Buffalo.

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