

Chatter Cards



How do you
feel today?

Chatter Cards are designed to be taken with you when you are out and about. You could take them on the bus, attach them to the pushchair using the silver ring, or keep them in your bag.

You can take cards on and off the ring, make and add your own cards, or stick them on the fridge to remind you to take time to talk today!

Be careful that the silver ring is closed properly so that it can't hurt your child.

Handy hints for parents - emotions

- **Children need adults to talk about feelings so they learn the words to understand and explain their own emotions.**
- **Facial expressions are very useful in helping to work out how someone feels.**
- **Look at the pictures on these chattercards. Talk about the children's faces and their emotions. What might make them feel that way?**
- **Make happy, sad and angry faces with your child in the mirror at the end of this Chatter Card booklet.**



Bored



Worried



Excited



Annoyed



Confused



Angry



Happy



Upset



Surprised



Scared



Sad

Mirror page

Here are some 'feelings' activities

Choose which you do depending on your child's age and interests.

- Find pictures of children in magazines. Talk about how the children feel. Cut out these pictures and stick them on card. This activity encourages early communication skills and helps to express emotions through stories and pictures.
- Sing 'If you're happy and you know it...' make up other verses; 'If you're cross and you know it' or 'If you're excited...'
- Make face biscuits using icing, melted chocolate and sweets. Encourage your child to make faces showing a range of feelings.
- Make face mobiles by cutting card faces from old magazines, decorating them and stringing them together.

Ask for more information at your local Family Hub.