

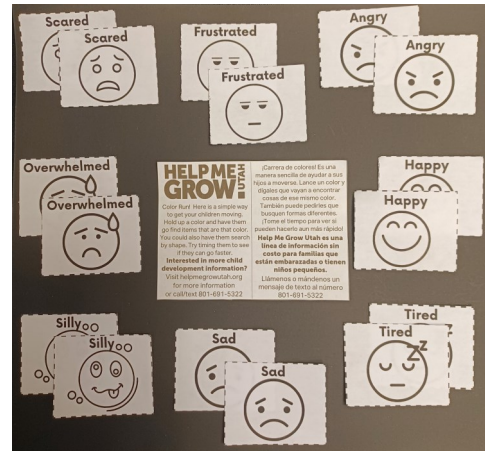
Emotions Card Games

Supplies:

- Scissors
- White copy paper
- Sandwich size ziplock bags

Instructions:

1. Print off information sheet (page 4) and cut around the lines
2. Print off page 5 on white copy paper
3. Cut out along the dotted line to form 16 emotion cards (do not color)
4. Fill the ziplock bag with 2 of each emotion card (there are 8 emotions—16 cards total)



Please print off the Volunteer Sheet (third page) and return it with items made and donated.

Please deliver by March 3, 2023 to one of the following 3 locations:

- 2955 Harrison Blvd, Ste 201, Ogden, UT (United Way of Northern Utah). Location Contact: Staci Fuller - Call, Text, or Email 801-979-1519 stacif@unitedwayuc.org
- 151 E 5600 S, #212, Murray, UT. Location Contact: Jodi West - Call, Text, or Email 435-215-8074 jodiw@unitedwayuc.org
- 148 N 100 W, Provo, UT (United Way of Utah County). Location Contact: Katie Krumholz - Call, Text, or Email 801-564-0123 katiek@unitedwayuc.org

If you'd like to mail them, please send to the following:

Help Me Grow Utah **We will distribute them all across the state from here
148 N 100 W
Provo, UT

Thank you!!

Final activity should look like this:

In one ziplock bag - one information card and 16 emotion cards



Community Impact

Help Me Grow Utah is an information and referral network that aims to connect families and communities with the knowledge and resources they need to make a difference in the lives of children. Help Me Grow supports prenatal parents and families with children through age 8, offering services at no cost in both English and Spanish. For more information, visit our website at: helpmegrowutah.org

The early years are a crucial time in a child's life, their brains are growing rapidly and they are learning foundational skills that will impact the rest of their lives. Much of this learning takes place while a child plays! We like to provide parents with activity ideas and supplies that they can do with their child to build developmental skills. This particular activity helps a child build Personal/Social skills.

We utilize the activity kits in much of our community outreach. Many are shared directly with families we see, but also shared with community partners to share with the children they work with to help encourage fun developmental activities.

Help Me Grow Utah

Volunteer Sheet - Emotions Card Game

****Please include this sheet when you drop off the items you're donating****

Date: _____

Contact Name: _____

Organization: _____

Phone Number: _____

Email: _____

Address: _____

Address used to send thank you card to volunteers

Have you volunteered for Help Me Grow before? YES / NO

How did you hear about this project? _____

Would you like to be emailed about future volunteer projects? YES / NO

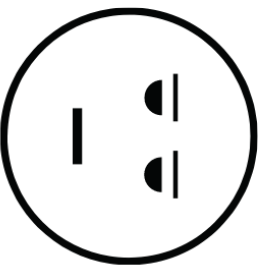
Number of volunteers: _____

How much time each volunteer spent on project: _____

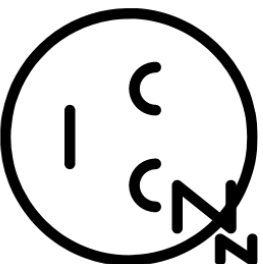
How many items made: _____

HELP ME GROW UTAH Emotions Card Game! This activity helps your child identify their feelings. Test their memory by putting all cards face down then take turns flipping over two cards at a time until a match is found. When a match is found help identify the emotion. They can also play "Emotion's Go Fish" by starting with up to 5 cards in each hand and asking each other if they have a specific emotion card. Drawing from the middle pile if the other player doesn't have the card and says "go fish". Interested in more child development information? Visit helpmegrowthah.org for more information or call/text 801-691-5322	¡Juego para identificar las emociones! Esta actividad ayuda a su hijo a identificar sus emociones. Pon su habilidad de recordar a prueba al colocar las tarjetas boca abajo y toma turnos dando vuelta a dos tarjetas a la vez hasta encontrar un par. Cuando se encuentre un par, ayuda al niño a identificar la emoción. También se puede jugar, "Pesca las emociones" al empezar con hasta 5 tarjetas en cada mano y preguntándose si tienen una tarjeta con una emoción específica, sacando una tarjeta de las de en medio si el otro jugador no tiene la tarjeta, con la palabra, "¡Pesca!" Help Me Grow Utah es una línea de información sin costo para las familias que están embarazadas o tienen niños pequeños. Llámenos o mándenos un mensaje de texto al número 801-691-5322
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Frustrated



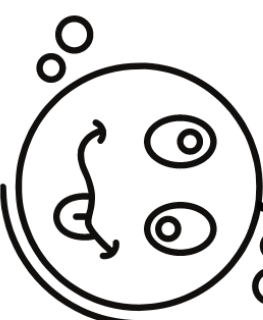
Tired



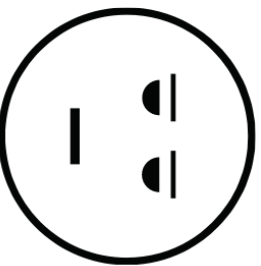
Overwhelmed



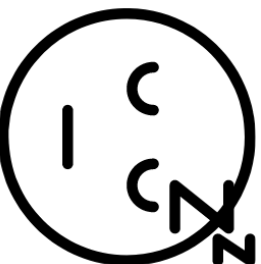
Silly



Frustrated



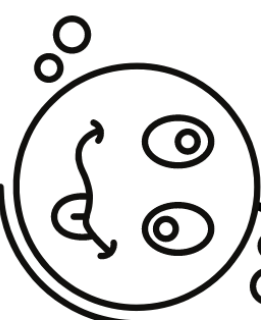
Tired



Overwhelmed



Silly



Happy



Angry



Sad



Scared



Happy



Angry



Sad



Scared

