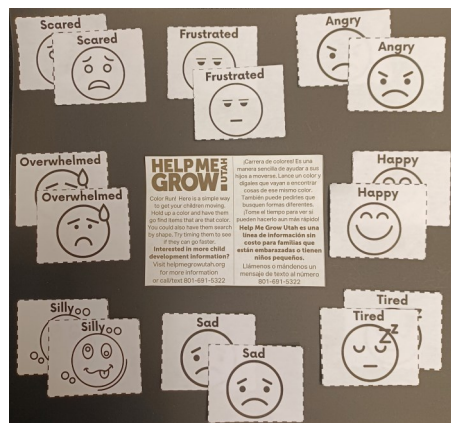


Emotions Card Game



Supplies:

- Scissors
- White copy paper
- White cardstock (optional)
- Sandwich size ziplock bags

Instructions:

1. Print emotions cards (page 5) on white copy paper or cardstock
2. Cut out emotions cards along the dotted lines to form 16 emotion cards (do not color)
3. Print information sheet (page 6) on white copy paper and carefully cut around the lines
4. Fill the ziplock bag with 2 of each emotion card (there are 8 emotions—16 cards total) and one information sheet

Donation/Mailing Instructions:

Please print off the Volunteer Sheet (pg. 4) and return it with items made and donated.

If you have any questions, please reach out to us at hmgvoluteer@unitedwayuc.org or call/text at [801-691-5322](tel:801-691-5322) (It may take 3-4 business days to respond).

Deliver by Friday, August 15, 2025 to one of the following locations. Each is available to drop off during regular business hours (9 am—5 pm):

- 2955 Harrison Blvd, Suite 201, Ogden, UT - United Way of Northern Utah. (Drop off with the receptionist at United Way of Northern Utah. Let them know it is for Help Me Grow Utah)
- 151 E 5600 S, #212, Murray, UT. If no one is there, leave by the office door #212. The building is open Mon. - Fri. 7am - 6pm, Sat. 7am - 1pm)
- 148 N 100 W, Provo, UT - United Way of Utah County. Leave with anyone at the front desk.
- Price, UT: Contact Kathy for address and to arrange a time for drop-off. Call or text 435-862-0915 or email kathyw@unitedwayuc.org

If you'd like to mail them, please send them to the following address and we will distribute them across the state from here:

United Way of Utah County
Help Me Grow Utah
148 N 100 W,
Provo, UT 84601



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.

Frequently Asked Questions:

How many emotions card games should we make?

- We do not have a limit on how many we will accept. These activities are used all across Utah and we will use everything you make and donate.

Can we color the emotions cards?

- No, we prefer to have the children color them; this helps build their fine motor skills and is an activity they enjoy.

Do I need to let you know when I can drop them off?

- No, you can drop them off at any of our locations on the previous page during regular business hours.

How do you use these activities?

- Help Me Grow Utah uses these activities in the outreach we do across the state. You may see us use them at community events or being passed out by partners to help spread information about Help Me Grow Utah and child development.

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: _____

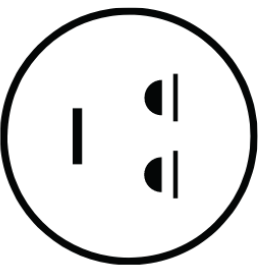
How many items made: _____

Total cost of supplies/value of supplies used to make the project: _____

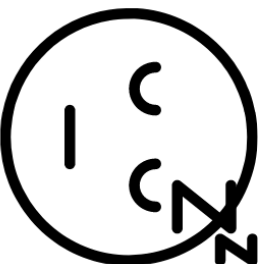
(required for our tax purposes)



Frustrated



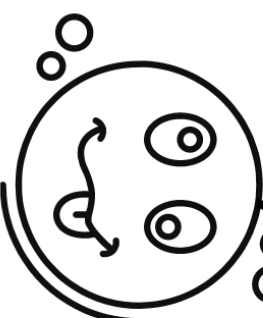
Tired



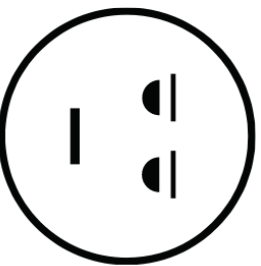
Overwhelmed



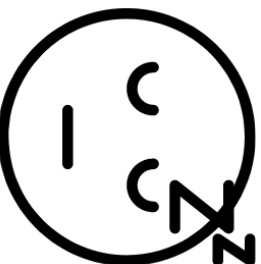
Silly



Frustrated



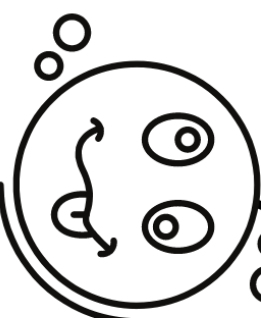
Tired



Overwhelmed



Silly



Happy



Angry



Sad



Scared



Happy



Angry



Sad



Scared



This take home activity brought to you by HELP ME GROW 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". LIVE UNITED helpmegrowthah.org  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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