

Big Feelings Cards

Point-and-show communication cards for kids who need a quiet way to speak up.

Cut these cards apart and keep them in a pocket, backpack, or on a ring. For kids with selective mutism, big anxiety, or anyone who needs words when words are hard to find — they can simply point.

I need a break

I'm feeling anxious

I don't want to talk right now

I need a hug

Can we go somewhere quiet?

I'm overwhelmed

I'm okay, just quiet

I need my headphones

Big Feelings Cards

Cut along the dotted lines.

Can you ask someone else for me?

I'm proud of myself

I need a minute

Yes

No

I don't know

I love you

Thank you