

Simon Says Action Cards by KidsPrintAndPlay

Emotions — Ages 4 to 8

Emotion and expression prompts that build social-emotional awareness.

How to play

How to play: Leader names an emotion. Players show it with face and body kindly. No card prints Simon says; leader varies the cue. Keep expressions gentle.

Space and body safety

Space and body safety: Keep emotional actions kind and inside your own space. No touching others; use self-hug or heart-hand instead of contact.

Theme guidance: Emotions focuses on naming feelings safely. Choose moves that feel comfortable and keep space from others.

Non-elimination scoring — first to 10

Score: Non-elimination. Earn one point for each correct action. Individual or group completes a round at 10 points. Share kind words at 10.

Score tracker — 10 points to finish (use for one player or the whole group)

1	2	3	4	5
6	7	8	9	10

Color or check one box per correct action. First to 10 completes a round.

Theme variation

Variation — Freeze Frame: Hold the emotion face for three counts, then melt to calm.

Optional classic elimination (optional)

Optional classic elimination: Optional pause-one-turn for wrong move, not default.

Printing tips: US Letter or A4, grayscale, low-ink. Cut along dashed lines for 18 cards. Laminate if you like for reuse.

Emotions — Cards 1 to 6

Cut on dashed lines. Each card has a simple line icon and clear action text.

1  Show a happy face with a gentle smile	2  Pretend to be surprised with open hands
3  Make a calm breathing shape with arms rising	4  Show curiosity by tilting head and looking
5  Act proud by standing tall with hands on hips	6  Show kindness by placing hand over heart

Cut cards apart. Keep space between players. Use seated or wall-support options where printed.

Emotions — Cards 7 to 12

Cut on dashed lines. Each card has a simple line icon and clear action text.



7

Pretend to be sleepy and stretch softly



8

Show excitement with tiny jumps or seated wiggles —
seated option: wiggles in chair



9

Make a brave pose like a superhero



10

Show gratitude with hands together and a nod



11

Act silly with a gentle wiggle then freeze



12

Show focus by looking at one spot for three counts

Cut cards apart. Keep space between players. Use seated or wall-support options where printed.

Emotions — Cards 13 to 18

Cut on dashed lines. Each card has a simple line icon and clear action text.

13



Pretend to be shy with a small wave

14



Show teamwork by clapping for yourself and others

15



Act thoughtful with finger on chin

16



Show calm by breathing in for four and out for four

17



Make a caring shape with arms like a hug

18



Show joyful twirls in place or arm twirls seated — seated option: arm twirls only

Cut cards apart. Keep space between players. Use seated or wall-support options where printed.