

Teddy's Deck of Emotions

An engaging way to share, declare and pair emotions

Designed with children. Grounded in science. Made for emotions.

Teddy's Deck of Emotions is a carefully created set of 32 cards – featuring 16 pairs of the most commonly experienced emotions in young children, including a much-requested family favourite: Hangry.

Encourages emotional conversations through three playful activities included in every pack:

Share Emotions

A movement-based activity where children and adults pick a card and act out that emotion while others guess what it is. It's a fun and expressive way to explore what feelings look and feel like.

Declare Emotions

A turn-taking activity for children and adults where cards are requested from others by stating emotion words aloud. This activity gently encourages children to say words for different emotions, listen to others, engage in turn-taking and create opportunities for further exploration of the feelings.

Pair Emotions

A matching activity where children and adults find and pair cards with the same emotion. This helps children become more familiar with emotion words, due to repetition and can also be used to gently start conversations.



Find out more, visit: tedology.com.au

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Having three activities allows children to pick the one they feel most comfortable with. Each activity includes tips on how to maximise the use and offers flexible levels for adapting to a child's developmental stage.

For Parents

Teddy's Deck of Emotions is a practical and playful way to explore emotions, leveraging play – a child's natural way of communicating.

The cards help normalise emotional expression and foster a child's understanding of emotions through repeated play, opening the door to more meaningful conversations. Perfect for after school check ins, dinner time, quiet time or family night.

No special training is needed – just time together and a willingness to playfully engage with emotions... even the tricky ones.

For Professionals Working with Children

Seamlessly integrate the activities into one-to-one sessions, education settings and various scenarios.

The activities are developmentally adaptable and can be used as ice-breakers, discussion prompts, and tools for building emotional literacy and understanding in a fun, accessible and engaging way. With flexible levels and tips to enhance the cards' use, they support gradual emotional development, fostering emotional expression, awareness and integration – key elements for self-regulation. These activities offer the right balance of support and stretch- as a child grows, so can the conversations.

This is a fun accessible resource grounded in science and thoughtfully developed by Dr Louise Mansell to help children gently learn, explore and name emotions. Ideal for families, educators, and professionals working with children, and tried and tested by them.

Whether you're a parent, carer, teacher, or other professional working with children, this deck offers a practical, flexible, and child-centred way to support emotional growth.

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Please note: Tedology products are designed to support emotional growth in everyday life; they are not an alternative to professional care and support.

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