

Parents' guide

What purpose does this deck of cards serve?

This pack of cards helps your child to more easily recognize and express their feelings, find ways to calm down, and strengthen their self-confidence. The questions are playful, yet can spark deep conversations.

How do you use them together?

Choose a card: it can be a daily routine (e.g. before bed) or a casual game.

Read the question aloud: encourage your child to answer honestly!

Be an open listener: do not correct or judge the answer – all feelings are valid!

Help deepen the conversation: ask back gently (“And how did that feel for you?”)!

Use creative expression: if your child has difficulty answering with words, they can draw, write, or act out the answer.

Tips for parents:

Listen carefully to your child's answer, do not judge!

Help with encouraging questions (“could you tell me a little more about that?”)!

Use it as a game too: e.g. after every dinner, draw a card and have a conversation together.

If your child shares difficult feelings, reassure them that this is natural and find a solution together!

Don't make it mandatory to answer – the game should remain a joy, not a task!

Praise them when they share their thoughts, even if they only answer briefly!

What is this deck of cards good for?

- It supports your child's emotional awareness.
- It helps them understand themselves better.
- It shows them how to find solace in times of anxiety.
- It strengthens the parent-child bond through shared conversations.