

# Professional guide

This deck of cards supports children and adolescents' emotional awareness, self-reflection and coping skills. It can be used in psychological counseling, individual therapy, school psychology work, developmental sessions, and pedagogical or social assistance situations. The cards can function as a diagnostic tool (emotional state mapping), a developmental aid and a conversation starter.

## Structure

- **Number of cards:** 40
- **Categories:**
  - Recognizing emotions (pink)
  - Reflecting on coping strategies (green)
  - Strengthening a positive self-image (orange)

## Methodological background

- **Emotion regulation:** questions help recognize, name and accept emotions.
- **Cognitive restructuring:** children learn how to transform negative thoughts into more helpful internal dialogue.
- **Coping and resilience:** the cards raise awareness of already working strategies and offer new, resource-based solutions.
- **Positive psychology:** strengthening gratitude, strengths and self-confidence supports psychological well-being in the long term.

## Application methods

- **In individual consultation:** the client draws a card, and then the conversation starts based on their answers. Processing can be done verbally, by drawing, writing or dramatization.
- **In group situations:** the cards can also be used in the form of a round game (e.g. everyone draws a card and then briefly shares their answer).
- **Thematic focus:** the professional can select from only one category according to the client's needs (e.g. "Coping" cards in the case of anxiety).
- **Creative processing:** the cards can be combined with drawing tasks, storytelling, role-playing or mindfulness exercises.

## Advantages in professional work

- Easy to understand, playful format that breaks down inhibitions.
- Structured but flexible tool: the professional is free to decide on the sequence and depth.
- Effectively starts a conversation with children/adolescents who have difficulty opening up.
- Combines psychoeducation with personal experience processing.