

ENGLISH + SPANISH | BILINGUAL VISUAL SUPPORT

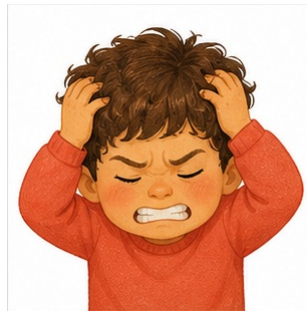
EMOTION AND SELF-REGULATION CARDS

Emociones y Autorregulación

16 feelings + check-ins + calm-down supports



Happy
Feliz



Frustrated
Frustrado/a

COLOR + LOW-INK EDITIONS

US Letter + A4 | Ages 3-6 | Home - School - Speech - SPED

Original visual system - print, cut, laminate and use

A 5-minute setup for confident use

- 1. PRINT** Choose the color edition for strong visual cues or the low-ink edition for economical printing.
- 2. PREP** Print at actual size. Cut on the pale guide lines. Laminate and add hook-and-loop dots if desired.
- 3. START SMALL** Use 2-4 visuals that are already familiar. Add new choices after the learner succeeds.
- 4. MODEL LANGUAGE** Label each and use one short phrase. Accept pointing, gesture, signs or spoken words.
- 5. BUILD INDEPENDENCE** Repeat steps gradually. Keep the visual available so the learner can check it.

DESIGN NOTES

- Use neutral, respectful language; visuals should support choice, not force compliance.
- Supervise cutting and small fasteners. This resource is educational and is not medical advice.
- License: one household, one classroom or one therapist caseload. Do not redistribute files.

Premium components built for repeated use

Bilingual visual cards

16 English-Spanish visuals with clear, uncluttered artwork

Color edition

High-contrast palette for fast visual recognition and engaging centers

Low-ink edition

Grayscale alternatives for economical home and classroom printing

Interactive tools

Two check-ins, body-clue mat and regulation board

Skill practice

Emotion naming, body awareness and self-advocacy

Adult support

Coregulation language and response cards only

Two paper sizes

US Letter master plus A4 international edition

Answer and use notes

Prompts, suggested responses and practical differentiation tips

PREVIEW - MUESTRA

Emotion and Self-Regulation Cards - cut on the pale dashed guides



Happy
Feliz



Sad
Triste



Angry
Enojado/a



Scared
Asustado/a

Emotion and Self-Regulation Cards - cut on the pale dashed guides



Surprised
Sorprendido/a



Calm
Tranquilo/a



Excited
Emocionado/a



Tired
Cansado/a