

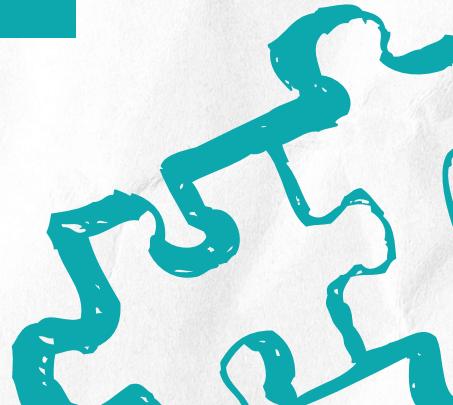


**Hi! I'm Inês Gomes,
The Feelings Teacher.**

With over 20 years' experience supporting children, families, and schools, I specialise in emotional education, anxiety, and neurodiversity. My mission is to help adults truly understand and connect with their children.

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Special thanks to:
[ELSA Support](#) and [Widgit](#) for their valuable resources and inspiration.





BRAIN BREAK CARDS

These cards support your child in recognising and expressing emotions — especially when things feel overwhelming. They offer a simple, gentle way to pause and reset.

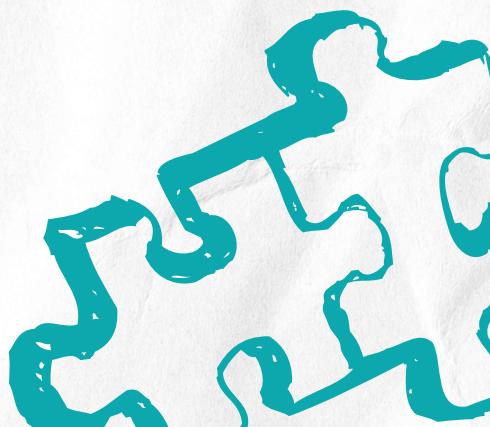
**WHAT IS
IT FOR?**

**HOW TO
USE IT?**

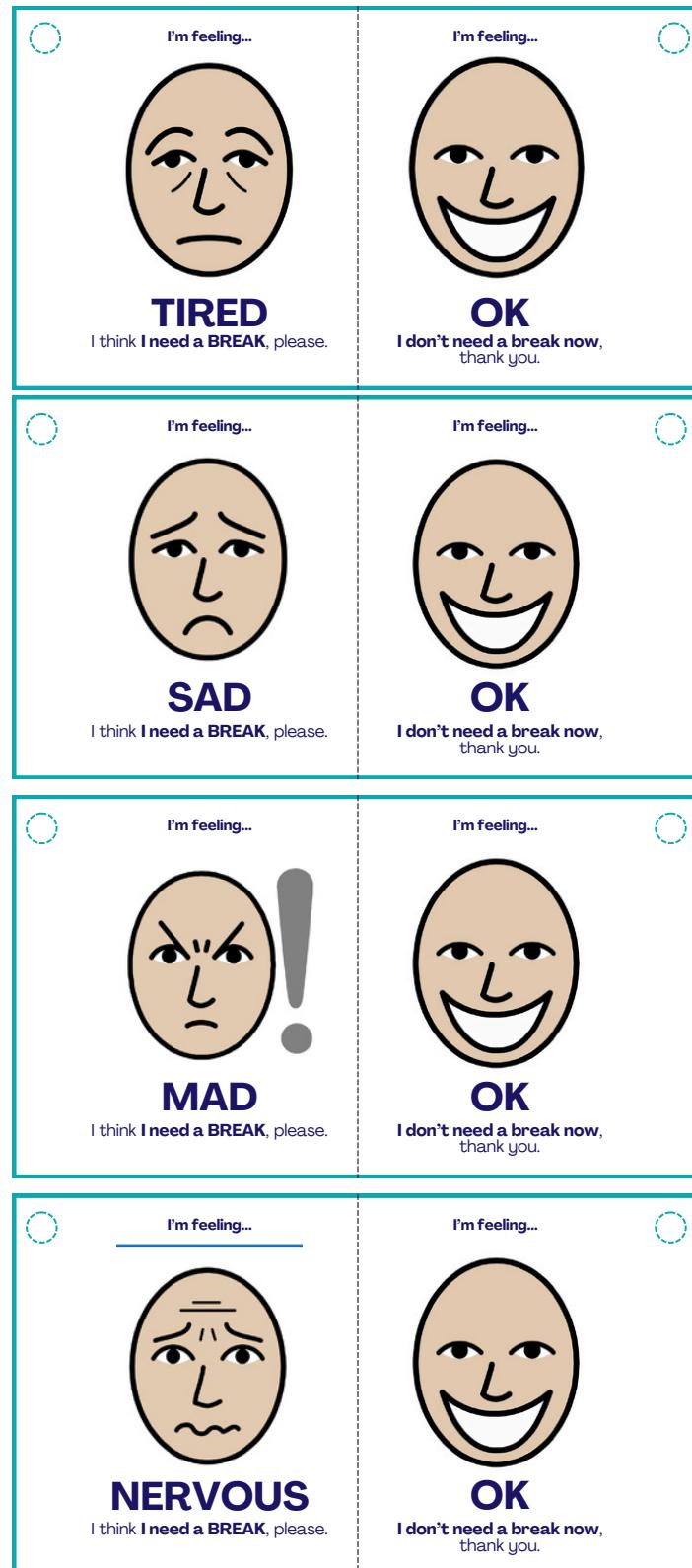
How to use them:

1. Cut along the blue lines.
2. Fold along the dotted line.
3. Glue or laminate for durability.

Keep them close so your child can use them whenever they need a moment to reconnect.

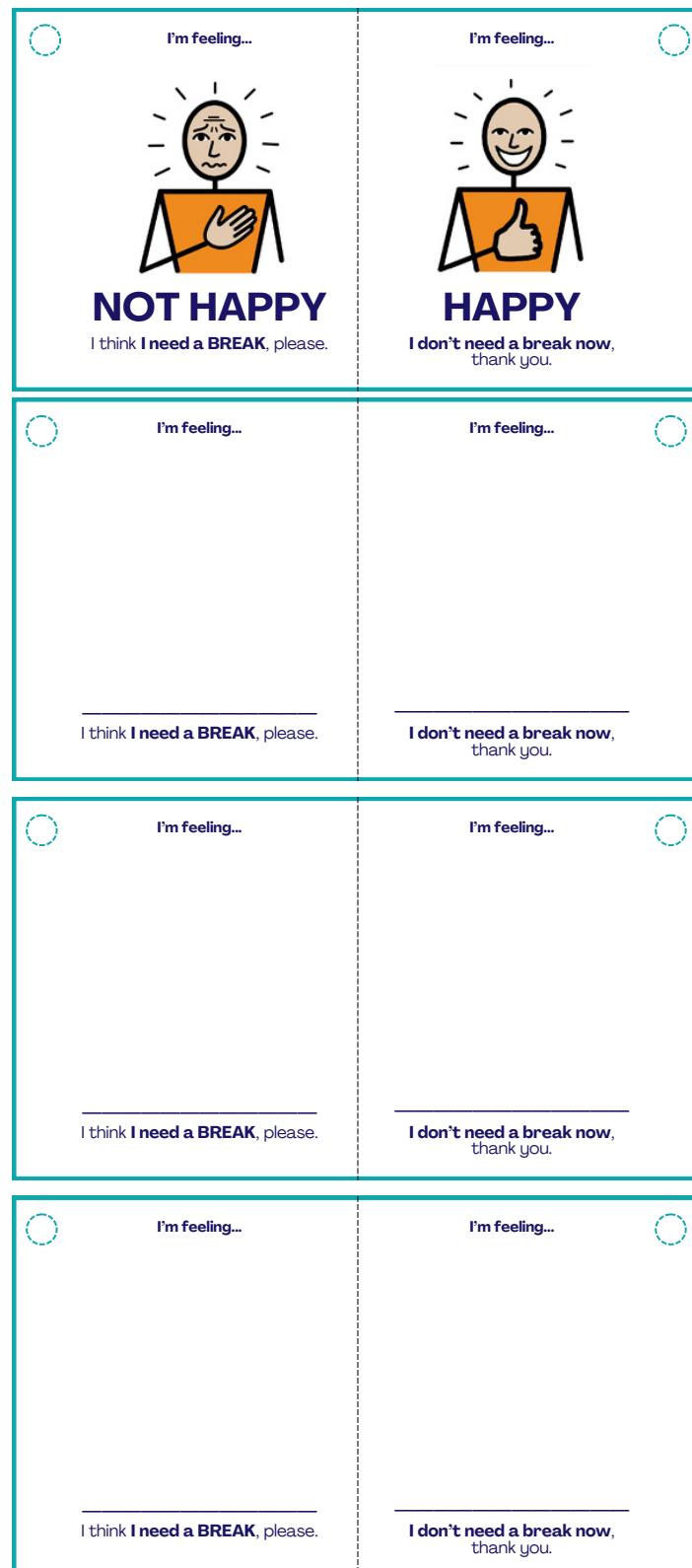


BRAIN BREAK CARDS



Keyring hole - just cut, laminate, and pop them on a keyring for the child to take anywhere.

BRAIN BREAK CARDS



You can also use this **BLANK** ONES, so the child/adolescent can **draw and/or write** their feelings on them.