

# Emoji Tracker Cards



## Instructions for participants

- Take a look at the collection of Emoji Tracker Cards
- You will see 16 business card shaped cards with 32 Emojis
- How are you feeling / reacting to the workshop
- Find an Emoji Cards that captures your response
- The facilitator will ask you to for your Emoji Cards card.
- Fold the Emoji Card into a tent shape.
- Place the folded Emoji Card in front of you with the reaction facing outwards.

# Emoji Tracker Cards



## Instructions for facilitators

At the beginning of each session, the facilitator should

1. Ask the workshop participant to look at the collection of Emoji Tracker Cards
2. Select the most appropriate and representative emoji at that moment
3. Place the Emoji Tracker Cards in front of themselves.
4. Note whether the displayed card is positive or negative and use the table below to record each participant's selected emoji response.



SWEPT AWAY, STUNNED

**Enthralled**



MAGNIFICENT, OUTSTANDING

**Proud**



UNMOVED, APART

**Neutral**



PLEASED, RELAXED

**Relaxed**



**Cautious**

VIGILENT, WARY



**Embarrassed**

UNCOMFORTABLE, NERVOUS



**Neutral**

UNMOVED, APART



**Stressed**

TENSE, ANXIOUS

BELIEVED, ACCEPTED

**Trusted**



FIRE-UP, ENERGISED

**Invigorated**



ASSURED, SECURE

**Confident**



CLEAR, EXPECTED

**Obvious**



**Doubted**

DISPUTED, SUSPECTED



**Bored**

TIRED, DRAINED



**Uncertain**

ANXIOUS, UNSURE



**Confused**

DISORIENTATED, MUDDLED

OPTIMISTIC, EXPECTANT

**Hopeful**



ASTOUNDED, ASTONISHED

**Amazed**



ANTICIPATED, DESIRED

**Welcomed**



GIVING, CARING

**Generous**



**Pessimistic**

DISPAIRING, NEGATIVE



**Irritated**

IRKED, PEEVED



**Excluded**

REFUSED, REJECTED



**Hard**

INCONSIDERATE, STINGY

INSPIRED, ENTHUSIASTIC

**Motivated**



ABSORBED, ENGROSSED

**Focused**



PLEASED, CONTENT

**Satisfied**



FASCINATED, ENCHANTED

**Interested**



**Apathetic**

INDIFFERENT, DISINTERESTED



**Lost**

ADRIFT, OFF COURSE



**Frustrated**

DISSATISFIED, EXASPERATED



**Disengaged**

DETACHED, SEPARATED