

EMOTION CARDS

Cards for the Educator

EMΣT

Guidelines for the Educator: Using Emotion Cards in the Museum

Purpose

Emotion Cards were created as an educational tool that supports an experiential approach to art. Their use encourages students to connect emotionally with artworks, to express their thoughts and experiences, and to listen attentively to their classmates.

The Cards serve as stimuli, turning the museum visit into an experience of inner exploration, creative expression, and meaningful communication. Below are some ideas on how they can be used before, during, and after the museum visit to spark dialogue, enhance observation, personal expression and develop empathy.

1. Preparation

Discuss with the students what emotions are and how they can be activated when we engage with art in general (music, dance, cinema, theatre, literature) and with visual arts in particular.

2. Individual Observation

Each student:

Chooses a card or receives one at random.

Walks through the exhibition space and selects an artwork that evokes the specific emotion.

One card is blank, so the student can freely identify an emotion evoked by the artwork they choose.

They then note on a sheet of paper:

- The artwork they selected
- The emotion they felt
- The element of the artwork that triggered this emotion (colour, line, form, composition, texture, theme, etc.)

3. Group discussion

Each student shares with the group the artwork they chose and explains why. They then describe the emotion they felt and their reasoning.

The educator can ask the rest of the group questions such as:

- "Did you feel the same?"
- "If not, what made you feel differently?"

4. Creative Expression

- Students write a short text, poem, or phrase inspired by the artwork and the emotion it stirred.
- They can also draw a symbol or image that represents the emotion.

5. Reflection

At the end, a short discussion can be held on how art can "speak" to us in different ways and how expressing our emotions can help us gain deeper understanding of ourselves and others.

Note for Educators

- Accept students' reactions without judging their emotions.
- Adapt the activities and their duration according to the group's characteristics (age, number of participants, etc.): younger classes can use ready-made images from magazines or other print material, emojis, or create collages.
- Keep the discussion open, encouraging observation and expression rather than aiming for a single "correct" answer. Pose questions only when it helps further develop a thought, idea, emotional state, or to deepen understanding of a theme.

Examples of Phrases for Discussion

- "I chose this card/artwork because..."
- "This artwork reminds me of..."
- "I feel this way because of the colours/lines/forms/subject..."
- "Others might see it differently because..."

LOVE

EMPATHY

JOY

HOPE

CALMNESS

SORROW

FEAR

ANGER

DISGUST

GUILT

AGONY

SURPRISE

UNEASY

Your feedback and ideas are valuable to us.

Please let us know:

- How did you use the cards?
- What worked well and what didn't?
- What could be added or modified?

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