Print. Cut. Try a small move.

Big Feelings, Small Moves | 52 double-sided cards | Ages 8-12

1. Start with the test file

Print 04-Test-First-Two-Cards.pdf before the full deck. Select US Letter, portrait, Actual Size or 100%, and double-sided printing with Flip on Long Edge. Turn off Fit, Shrink, Booklet, and multiple-pages-per-sheet settings. The one-inch line should measure exactly one inch.

2. Check both sides

The front holds cards 01 and 02. The reverse is intentionally arranged 02 then 01. Hold the sheet up to a light: the same card number should be behind each front and upright when turned like a book. A small print-registration shift is normal; reject any shift that makes text or artwork trim incorrectly.

3. Print the complete deck

Use 01-Print-Deck-Letter-Duplex.pdf for automatic duplex. Its 52 pages use 26 sheets, with two 4 x 6 inch cards per sheet. Do not print the separate front/back files as well. There are 52 physical cards, not 104 cards.

4. Paper, cutting, and storage

Use cardstock supported by your printer and duplex unit. Test ordinary paper first. Cut along the card rectangles after both sides are printed. Cutting and optional laminating are adult jobs. A rounded-corner tool is optional. Store finished cards in a suitable container; a physical box is not included in this download.

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Manual two-sided printing

If your printer cannot duplex cardstock, use 02-Print-Deck-Letter-Fronts.pdf and 03-Print-Deck-Letter-Backs.pdf. Match sheet 01 to sheet 01, sheet 02 to sheet 02, and so on. Tray orientation and page stacking vary: test one sheet to learn how your printer reloads. For reliable results, print and reload one numbered sheet at a time. Do not reverse card positions yourself; the backs are already mirrored.

Make the deck your own

Choose one card, turn it over, and try the activity. Children can change it, watch, or pass. Draw, talk, point, or move. Use a fictional situation if preferred; no private story is required. Most cards need nothing extra. Drawing cards can use scrap paper and a pencil.

For the adult beside them

Read together when helpful. Adapt sensory and movement activities to comfort and access needs. Stop anything uncomfortable. Listen without pressuring for disclosure. If a child says they are unsafe, pause the activity and help them reach appropriate support. These are educational practice activities, not treatment.

What is included

48 activities across six categories plus four guide cards. This is a printable PDF download, not a fillable app or a physical shipment. Colors and front/back registration depend on your printer. Follow the household or individual-professional permission included with your purchase. Mile or a Millimeter.