

Journey Through Land of Feelings

Skill Area(s):
 Feelings/Emotions
 Perspective Taking
 Conversation Skills

Level: beginner, intermediate, advanced

Goal: Students will be about to talk about their feelings, listen to others and think about how their feelings affect their behavior

Materials needed: Game- Your Journey Through The Land Of Feelings, available through Childwork/Childplay or through the Autism Resource Network

Activity: This activity can be used with a variety of ability levels; it is designed for students' ages 5-12 and can be played by 2-6 students. The game has 36 think cards, 26 talk cards and 36 listen cards. There are also blank cards so you can individualize questions for the group.

- * Each player chooses a game piece and takes turns rolling to see who has the highest number, that player goes first.
- * When a player lands on a Talk, Think or Listen space, he/she picks up a card that goes with that space. Players get 1 chip for answering a Talk card, 2 chips for answering a Think card and 3 chips for answering a Listen card. There are no right or wrong answers.
- * When the game is over, talk with the group about the different feelings discussed during the game.
- * For some students, it is better to play without the chips and just concentrate on answering the cards and less on winning or losing the game.