

Face Your Feelings!

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

Level: beginning, intermediate, advanced

Goal: Learn to recognize, express and communicate a variety of feelings, both within self and by looking at others faces

Materials needed: Book and card set- Face Your Feelings! By Childswork/Childsplay, pictures of faces

Activity: There are 10 different card games to help students learn about their feelings. The card deck is divided into four age groups that are identified by color: children-green, teens-blue, adults-red, older adults-gold. There are 13 numbers in each deck, each number represents one of 13 different feelings

- Game #1- Feelings and You- 2 player game for ages 5 and up. One player gets all of the child cards; the other gets the teen cards. Player 1 acts out feeling on a card, the other player tries to figure out which emotion player 1 is acting out. Take turns, no winner.
- Game #2- Feelings Lotto- 2 players, ages 4-7. Players match card and then tell about a time when the experienced the feeling on the card.
- Game #3- Make a face- 3-6 player, ages 4 and up. Players try to be the first one to have all four cards with the same emotion. When a player has all of the cards, he/she makes a face; the other players try to guess the emotion.
- Game #4- Go fish for feelings- 2-4 players, ages 5 and up. Play like go fish but try to get same emotions.
- Game #5- Storytelling game- 3 or more players, ages 8 and up. Each player takes three cards and must make up a story about the people shown on the cards, if they get a joker, they must include themselves and tow other people in it. The story should be realistic and not fantasy.
- Game #6- Picture your feelings- 2 players or teams, ages 8 and up. Best done in teams, one player picks a card and draws a picture of the feeling; the other team members have one guess-to-guess one of the 13 feelings. When only 2 players are playing, they work cooperatively.
- Game #7- War of feelings- 2 players, ages 5 and up. Divide deck equally, each player turns a card up, the player with the highest number gets both cards. When there are two cards the same, the players put 3 cards face-down, the player with highest the 4th card wins.
- Game #8- Feelings in the family- 2-4 player, ages 5 and up. Object of the game is to make couples (boy/girl) from the different age groups.
- Game #9-Concentrate on feelings- 2-4 player, ages 5 and up. Use only children and teen cards. Lay all cards face down in rows, players take turns turning over two cards, if they are a match player gets to go again otherwise it is someone else's turn.
- Game #10- Changing feelings with friends- 2-4 players, ages 6 and up. Cooperative game where all players work toward a common goal. Players divide cards into positive and negative emotions, each player in turn takes a positive and negative card and creates a story about the characters on the card.