

How Are You Feeling? Game

Instructions

As a group, look through the cards and identify them- which emotions and feelings are being shown?

Talk about the different emotions and feelings shown on the card and make links to the children's own experiences.

Place the cards into a bag or a small box. You may wish to choose a small selection of cards when initially playing the game. Other cards can then be added as the children become familiar with the game.

Choose a card and keep it secret. Tell the children that you are going to make a face or movements to show that feeling or emotion.

Act out the emotion or feeling and encourage children to guess what was shown on the card.

If they guess correctly, they can then choose a card to perform for the group. If incorrect, perform the action again and encourage other children to guess too. Clues could also be given to aid the children's guesses. For example, 'you may feel like this is you are going somewhere like a theme park' or 'you may feel like this if you need to get some sleep.'

Continue playing the game until all of the cards have been used.

