

# Talking About Feelings

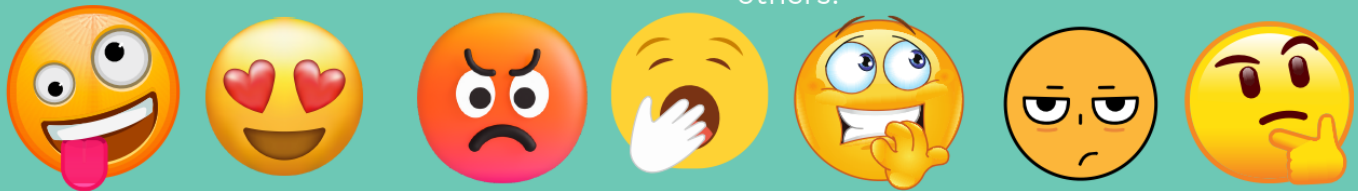
## Why It's Important to Talk About Feelings

Communicating feelings is an important part of emotional intelligence. When children learn to talk about their feelings they also learn to regulate their emotions and express them appropriately. When children can talk about being angry or sad they can learn how to cope with these feelings in a positive way. When they feel happy or proud, they can learn to get more in touch with these positive emotions.

Encouraging children to communicate their feelings is also critical to social success. It helps them develop empathy and self-awareness, and also solve interpersonal problems.

You may be surprised at how much children will enjoy this fun game. And the more they play, the easier it will be for them to communicate their feelings and express them in positive ways.

Therapeutic games are great for helping children develop emotional, social, and behavioral skills. However, it is important that you encourage these skills in real-life situations. Encourage children to talk about their feelings, even when they might not want to. And be a good role model! Communicate your own feelings to explain your behavior and reflect the feelings you see in the behavior of others.



# Talking About Feelings

## How to Play

### PREPARING THE GAME

- Examine the cards with the players and read out all the feelings.
- There are eight cards with “blank” feelings and faces. Ask the players if there are any other feelings they have that they don’t see on the cards. Write in these feelings and draw in faces that express these feelings.
- Cut out the cards and fold them along the dotted line to form the fronts and backs.
- Place them in a pile, Feelings Face side up, and shuffle.
- Deal out the cards to all players so that each player has an equal number of cards.
- Put any extra cards in the middle of the table.

### PLAYING THE GAME

- The game is played like the classic card game “War.”
- The oldest player counts to three, and each player turns over the top card in their pile.
- The player with the highest number gets to take all the cards that have been played, BUT FIRST, he/she must respond to the statement, “Describe a Time You Felt This Way.”
- The adult playing the game should encourage conversations about feelings, ask questions, and give examples of appropriate situations from their own life.
- If two or more players put out the same number, then a “Feelings War” is declared. Each player must put out two more cards Face Up, and then a third card with the Number side up.
- The player with the highest number gets all the cards (but still must pick one Feeling to talk about).
- Play for 20 minutes and then all players count their cards.
- The player with the most cards is declared the Winner.



Silly



Loving



Angry



Bored



Describe a  
Time You Felt  
This Way



Describe a  
Time You Felt  
This Way



Describe a  
Time You Felt  
This Way



Describe a  
Time You Felt  
This Way



Silly



Loving



Angry



Bored



Describe a  
Time You Felt  
This Way



Describe a  
Time You Felt  
This Way



Describe a  
Time You Felt  
This Way



Describe a  
Time You Felt  
This Way



Afraid



Confused



Worried



Sick



Describe a  
Time You Felt  
This Way

6

Describe a  
Time You Felt  
This Way

3

Describe a  
Time You Felt  
This Way

7

Describe a  
Time You Felt  
This Way

8

Afraid



Confused



Worried



Sick



Describe a  
Time You Felt  
This Way

6

Describe a  
Time You Felt  
This Way

3

Describe a  
Time You Felt  
This Way

7

Describe a  
Time You Felt  
This Way

8

Stressed



Tired



Frustrated



Exhausted



Describe a  
Time You Felt  
This Way

2

Describe a  
Time You Felt  
This Way

1

Describe a  
Time You Felt  
This Way

4

Describe a  
Time You Felt  
This Way

5

Stressed



Tired



Frustrated



Exhausted



Describe a  
Time You Felt  
This Way

2

Describe a  
Time You Felt  
This Way

1

Describe a  
Time You Felt  
This Way

4

Describe a  
Time You Felt  
This Way

5



Sad



Surprised



Upset



Proud



Describe a  
Time You Felt  
This Way



Describe a  
Time You Felt  
This Way



Describe a  
Time You Felt  
This Way



Describe a  
Time You Felt  
This Way



Sad



Surprised



Upset



Proud



Describe a  
Time You Felt  
This Way



Describe a  
Time You Felt  
This Way



Describe a  
Time You Felt  
This Way



Describe a  
Time You Felt  
This Way



Satisfied



Laughing



Shocked



Silly



Describe a  
Time You Felt  
This Way

2

Describe a  
Time You Felt  
This Way

1

Describe a  
Time You Felt  
This Way

4

Describe a  
Time You Felt  
This Way

5

Satisfied



Laughing



Shocked



Silly



Describe a  
Time You Felt  
This Way

2

Describe a  
Time You Felt  
This Way

1

Describe a  
Time You Felt  
This Way

4

Describe a  
Time You Felt  
This Way

5

