

# The "Thinking About Your Emotions" Game

The purpose of this game is to help you think about your emotions and share your thoughts and experiences with others. It's easy to play. Just place this page on a flat surface and take turns pitching a penny on the Feelings Faces. Take note of the feeling that your penny lands on. Then talk about the last time you had that feeling. If you miss the faces entirely, or if you have already talked about a particular feeling, then take another turn. You can play this game with two to eight people or even by yourself! To play by yourself, pitch the penny and then write down about the last time you had each feeling on a separate page.

