

Feelings Hide and Seek

Materials Needed:

- Index cards
- Pen
- Tape
- Prizes, like stickers and little candies

Instructions:

Write various feelings words on index cards (e.g., happy, sad, scared, jealous, brave, excited, etc.)

Using tape, the index cards are hidden around the room

The adult can then explain to the child (children), people may ignore their feelings and keep them hidden instead of coping with them. However, hidden feelings do not go away and can continue to bother the person until the feelings are brought out into the open and addressed.

Player(s) will then look for the hidden feelings (if more than one, they take turns). Once they find one, they talk about a time they experienced the feeling written on the card. An optional smiley face card can be used and when the player finds this one, they can discuss a feeling of their choice and get a small prize.

Questions to ask at the end of the game:

1. What was the easiest feeling to talk about?
2. What was the hardest to talk about?
3. Is it better to hide or talk about your feelings and why?
4. Who is an easy person to talk to about your feelings?
5. Who might be a hard person to talk to about your feelings?
6. How do you think your family can make talking about feelings easier?
7. What did you learn from the game?