

CHILDREN'S FEELINGS ARE A WORK OF ART

Fishing for Feelings

Fishing for Feelings is a common game used to help children explore their many emotions and for parents and children to engage in conversations about the healthy ways we can express ourselves. Each feeling has a purpose and there is a healthy way to express each feeling.

First, cut out the feelings words (rectangles or fish shapes). Then fish for feelings using one of the following methods:

- Tape a string to a magnet. Put a paper clip on each of the feeling words and put them face down. Use the magnet and string to fish for a feeling.
- Place the feeling words into a bowl. Close your eyes and fish out a feeling word with your hand.

Talk about what that feeling means to you, a healthy way to express that feeling, who you like to go to for help when you are having a feeling that is hard to handle, and what some of your favorite feelings are.

You can also talk about the kind of face you make when you have that feeling. The faces you make help others know what feelings you are having.

Remember, how you say what you are feeling is important and your feelings are a work of art!

*Use feelings words written in green for children ages 4 and older. Use feelings words written in blue for children ages 9 and older.



Afraid

Angry

Annoyed

Bored

Brave

Calm

Caring

Cheerful

Disappointed

Embarrassed

Excited

Happy

Hurt

Joy

Lonely

Nervous

Peaceful

Proud

Sad

Scared

Shy

Thankful

Upset

Worried

Anxious

Ashamed

Appreciated

Carefree

Cautious

Confused



Curious

Daring

Dread

Frustrated

Gloomy

Hopeless

Inspired

Jealous

Overwhelmed

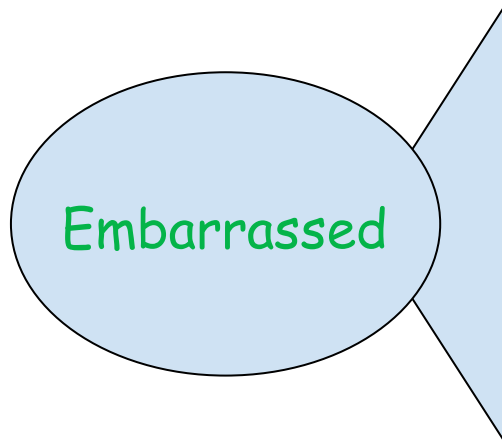
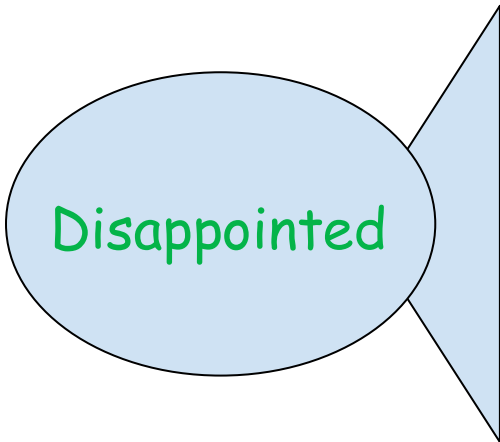
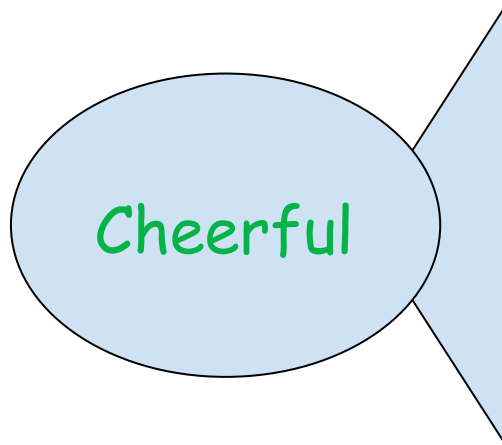
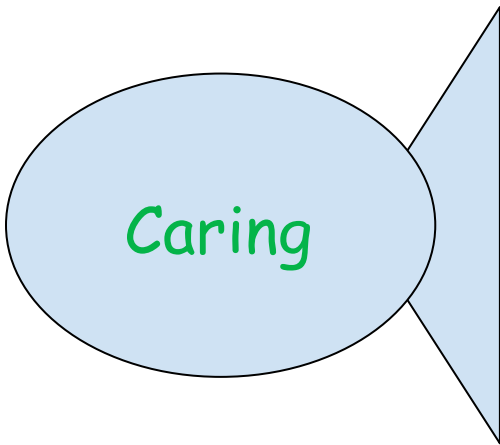
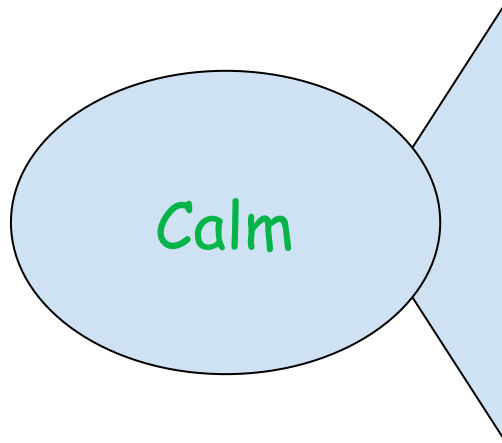
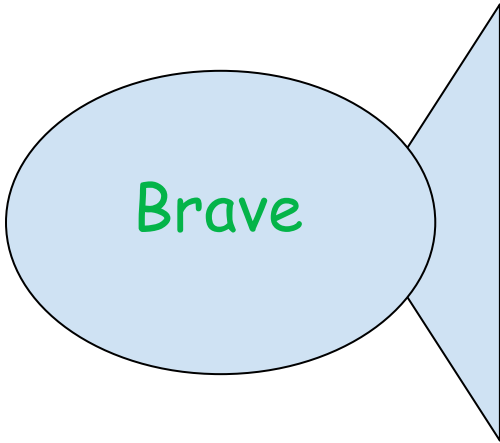


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Bored





Excited

Happy

Hurt

Joy

Lonely

Nervous



Peaceful

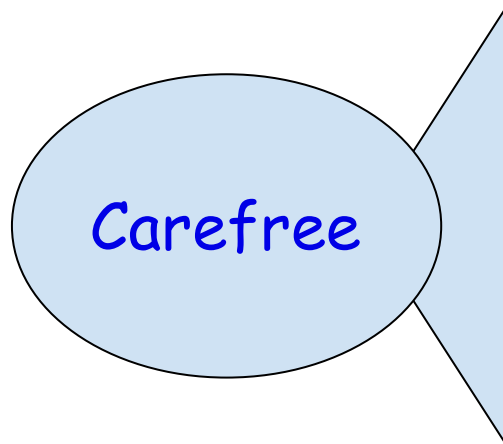
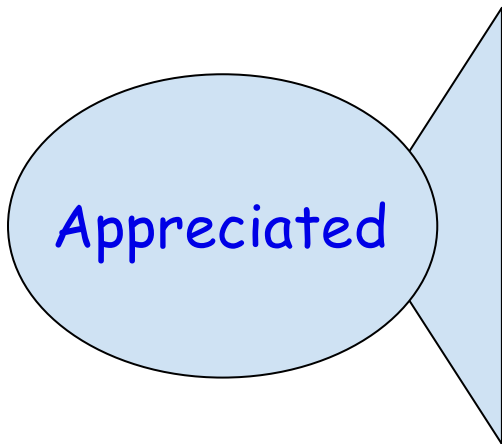
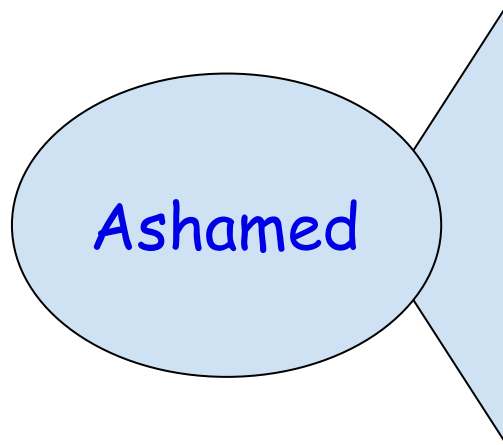
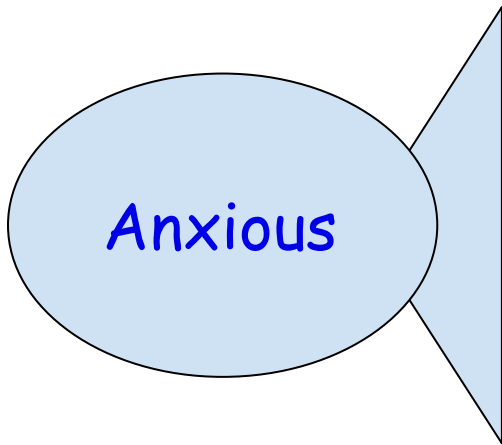
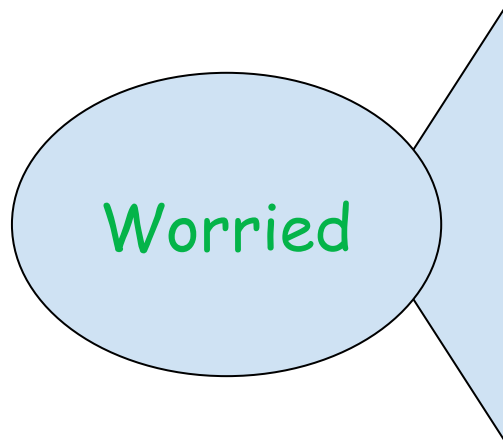
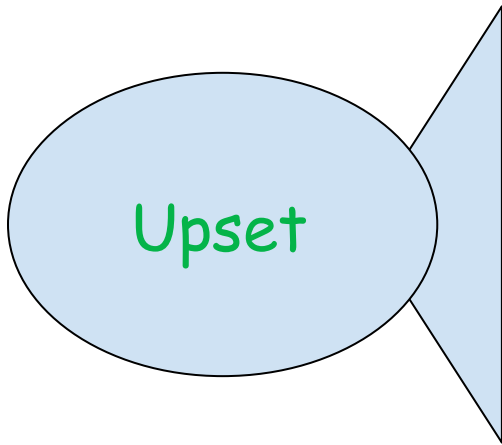
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