

## Feelings Ring Toss

### Materials Needed:

- Four plastic bottles
- Rice/sand/beans
- Clear packaging tape
- Two each of four different feelings faces (they can just draw happy, mad, sad, and scared faces)
- Four rings (paper plates with the middle cut out can serve as rings)
- Glue sticks
- Colored paper

### Instructions:

Put the rice/sand/beans into the four bottles adding just enough to weigh the bottoms so they will not tip.

Place the lid on the bottle and secure it with tape so the contents will not fall out.

The feeling faces are then taped to the bottles (tape two feelings faces to each bottle).

The game is played by setting the bottles in an open area and placing a length of tape several feet away. While standing on the taped line, the person takes the four rings, one at a time, and tries to toss them around the bottles. When they get a ring around a bottle, they call out of the name of the feeling face on the bottle. They then talk about a time they experienced that feeling. They can also be asked to “show me what your face looks like when you are feeling \_\_\_\_\_?” If there is more than one player, they take turns doing this.

### 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. Who is an easy person to talk to about your feelings?
4. Who might be a hard person to talk to about your feelings?
5. How do you think your family can make talking about feelings easier?
6. What did you learn from the game?