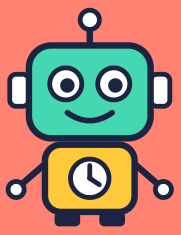
PRINT-AND-PLAY FEELINGS GAMES

Feelings Deck

Three gentle games for naming feelings, calming down and talking things through. For 2 to 6 players, or a class circle.



You need

The 27 cards (9 Feeling cards, 9 Calm cards and 9 Talk-about cards) and a calm plan sheet for each player.

Game 1: Feelings charades

1. Take a Feeling card and keep it hidden.
2. Show the feeling with your face and body. No words and no sounds.
3. The others guess. Whoever guesses says which clue told them: face, body or both.
4. If you would like to, tell the group about a time you felt that way.

Game 2: Calm corner

Turn over a Calm card and read it out. Everyone tries the calming tool together for one minute. Then each person shows a thumb up, sideways or down for how well it worked for them. Write your favourites on your calm plan.

Game 3: Talk it through

Turn over a Talk-about card and read it out. Go around the circle. Each person names a feeling they might have, or one thing they could do. Together, choose the ideas that would help and not hurt.

The circle rules

Anyone may say "pass". No feeling is a wrong answer. What is said in the circle is treated kindly. Nobody has to share a real story unless they want to.

The calm plan

Fill in your own feelings scale from 1 to 5: what each level feels like in your body, and what helps. Then write five trusted adults on your helping hand. Keep the sheet where you can find it.

For the adult

These games open up conversations. If a child shares something that worries you, listen, thank them for telling you and follow your school or family safeguarding steps.

Print on A4 at 100% and cut along the dashed lines.

Cut along the dashed lines

FEELING CARD

SHOW IT WITHOUT WORDS

Proud

FEELING CARD

SHOW IT WITHOUT WORDS

Nervous

FEELING CARD

SHOW IT WITHOUT WORDS

Frustrated

FEELING CARD

SHOW IT WITHOUT WORDS

Left out

FEELING CARD

SHOW IT WITHOUT WORDS

Excited

FEELING CARD

SHOW IT WITHOUT WORDS

Disappointed

FEELING CARD

SHOW IT WITHOUT WORDS

Embarrassed

FEELING CARD

SHOW IT WITHOUT WORDS

Relieved

FEELING CARD

SHOW IT WITHOUT WORDS

Grateful

CALM CARD

TRY THIS FOR ONE MINUTE

Take five slow breaths. In for 4, out for 6.

CALM CARD

TRY THIS FOR ONE MINUTE

Squeeze your fists for 5 seconds. Let go. Do it three times.

CALM CARD

TRY THIS FOR ONE MINUTE

Name 5 things you can see, 4 you can hear and 3 you can touch.

CALM CARD

TRY THIS FOR ONE MINUTE

Push against a wall as hard as you can for 10 seconds.

CALM CARD

TRY THIS FOR ONE MINUTE

Count backwards from 20, slowly.

CALM CARD

TRY THIS FOR ONE MINUTE

Trace around your hand with one finger. Breathe in going up and out going down.

CALM CARD

TRY THIS FOR ONE MINUTE

Stretch like a cat, then curl up small. Do it three times.

CALM CARD

TRY THIS FOR ONE MINUTE

Have a slow drink of water.

CALM CARD

TRY THIS FOR ONE MINUTE

Say, "I need a minute, please." Then take one.

TALK-ABOUT CARD

HOW MIGHT YOU FEEL?
WHAT COULD YOU DO?

Your friend plays with someone else all lunchtime.

TALK-ABOUT CARD

HOW MIGHT YOU FEEL?
WHAT COULD YOU DO?

You are blamed for something you did not do.

TALK-ABOUT CARD

HOW MIGHT YOU FEEL?
WHAT COULD YOU DO?

You lose a game you really wanted to win.

TALK-ABOUT CARD

HOW MIGHT YOU FEEL?
WHAT COULD YOU DO?

Someone laughs when you get an answer wrong.

TALK-ABOUT CARD

HOW MIGHT YOU FEEL?
WHAT COULD YOU DO?

A new student is standing alone at recess.

TALK-ABOUT CARD

HOW MIGHT YOU FEEL?
WHAT COULD YOU DO?

Your friend says, "Stop, I don't like that."

TALK-ABOUT CARD

HOW MIGHT YOU FEEL?
WHAT COULD YOU DO?

You see someone being teased.

TALK-ABOUT CARD

HOW MIGHT YOU FEEL?
WHAT COULD YOU DO?

You are worried about something and cannot sleep.

TALK-ABOUT CARD

HOW MIGHT YOU FEEL?
WHAT COULD YOU DO?

You said something unkind and wish you had not.

FEELINGS DECK

My calm plan

Name: _____

My feelings scale. What does each level feel like in my body, and what helps?

5	Huge: in my body I notice	What helps
4	Big: in my body I notice	What helps
3	Medium: in my body I notice	What helps
2	Small: in my body I notice	What helps
1	Calm: in my body I notice	What helps

My three favourite calming tools

My helping hand. Five trusted adults I can talk to.

Thumb	Pointer	Middle	Ring	Little

Remember

All feelings are OK. If a worry or a sad feeling will not go away, or anyone is being hurt, tell a trusted adult. Keep telling until someone helps.

HOW TO USE

Thinking prompts

Keep these cards on your desk. Stuck on a problem? Pick a card and ask yourself its question.

FEELINGS · EMOTION

1

Name the feeling

ASK YOURSELF

What am I feeling right now?

FEELINGS · SIGNAL

2

Listen to your body

ASK YOURSELF

Where do I feel it? How big is it?

FEELINGS · CALM

3

Calm your body

ASK YOURSELF

What would help me settle?

FEELINGS · IMPULSE

4

Pause, then choose

ASK YOURSELF

Will this help or hurt?

FEELINGS · EMPATHY

5

Walk in their shoes

ASK YOURSELF

How might they be feeling?

FEELINGS · RESPECT

6

Be a good friend

ASK YOURSELF

How can I show that I care?

FEELINGS · RESILIENCE

7

Bounce back

ASK YOURSELF

What can I control? What's next?

FEELINGS · TRUSTED ADULT

8

Ask for help

ASK YOURSELF

Who can I talk to?