



HOW TO PLAY Feelings in Focus card game



What you need

- **x10 Emotion Scenario cards** page printed on A4 paper, (4 to a page), laminated and made into cards
- **x10 I could... cards** page printed on A4 paper, laminated and made into cards. (for 30 players you need 15 sets of emotion cards and 15 sets of I could... cards)
- **Blank cards** printed on A4 paper, made into cards.

Instructions

The teacher:

1. Divides the class into pairs and gives each pair one set of Emotion cards and one set of *I could...* cards.
2. Tells the class the game is about feelings and what you can do when you have strong feelings – that sometimes when things happen we may feel a range of emotions (eg, *Lonely, Happy, Frustrated, Angry, Nervous, Guilty, Proud, Worried, Embarrassed, Excited*).
3. Asks the students to place the cards with emoji mascot's facing up and make matching sets, (eg, sad Emotion Scenario with sad *I could...* cards etc.). They will have two piles with ten cards in each.
4. Reads through the emotions, (*Lonely, Happy, Frustrated, Angry, Nervous, Guilty, Proud, Worried, Embarrassed, Excited*). *Where do we feel feelings in our bodies?* (Students may say: "Feeling happy is like a warm feeling in your chest", "Feeling angry is like a hot feeling in your head", "Feeling sad is like a lump in your throat or tears in your eyes" etc.).
5. Tells students to now play in pairs:
 - One student reads the Emotion Scenario card.
 - The other student reads the two options on the *I could...* card.
6. The students discuss each *I could...* option and consider which one they would choose. They may each prefer a different option.
7. They move through the 10 card sets – one student reading the Emotion Scenario card and one student reads the two options on the *I could...* card. They can swap halfway through.



Optional introductory activities

- The teacher could display the 8 *I'm feeling...* cards with the mascot image facing up, e.g. angry, happy etc. Showing one card at a time, ask students to identify a feeling they may associate with the card. Note – all answers are acceptable in discussion.
- The teacher could write the 8 feelings on the board – *Angry, Excited, Happy, Lonely, Frustrated, Nervous, Guilty, Worried, Embarrassed, Proud* and ask students to match one word at a time with one of the *I'm feeling...* cards.

Optional follow-up activities

- Ask students to come up with a **new scenario** and new *I could...* card using the blank cards.
- Have a **class discussion** about the feelings and where in the body they might feel the feeling, (*Lonely, Happy, Frustrated, Angry, Nervous, Guilty, Proud, Worried, Embarrassed, Excited*).
- The students could select an emotion and write it on a piece of paper or Post-it note and stick it onto a **wall-body map** to show where in the body they feel that emotion.
- The class may think about what a **feeling looks like**—what colour it would be, what shape etc. They could then select a feeling and draw it.
- The students may be tasked with thinking about a **third I could... option** for one of the scenarios.