Feelings Adventure

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Suggestions for how to play

• Print the board and use simple counters.
• Use a dice to move along the path.
• When a child lands on a feeling, ask them to describe a time when they felt this way.
• Invite them to explain what happened, how their body felt and what helped them cope.
• Younger children can point to the facial expression and copy it.
• Older children and teens can link the feeling to a real life situation or a behaviour they notice in themselves.
• Ask the child to act out the feeling using body language or movement.
• Invite the child to rate the feeling on a scale from 1 to 10 and explain their score.
• Ask the child to name a colour that matches the feeling and explain why.
• Encourage the child to think of a safe or helpful action someone could take when they feel this way.
• Ask the child to describe how someone else might show this feeling through their behaviour or facial expressions.
• Invite children to share a positive memory that matches a pleasant feeling on the board.
• When landing on a difficult emotion, ask the child to suggest a coping skill or calming strategy.
• For group play, let other players offer examples of times when this feeling might happen in everyday life.
• Ask the child to name a character from a book, film or programme who might feel this emotion and why.
• Use the board as a story starter and ask the child to create a short story featuring the feeling they land on.
• Let the child choose a feeling on the board that they want to learn more about and talk about why it stands out.
• Ask the child to think of someone in their life who might feel this way and what could support them.
• Invite the child to identify which feelings are easiest or hardest for them to talk about.
• Pause at any square and ask the child to describe what this feeling might feel like in the body.