



Mosswood Connections

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Recognizing and showing feelings is difficult for some children. Children who do not practice “whole body listening” innately, benefit from games and exercises that teach them these skills. Whole body listening refers to the act of orienting one’s body to face the people who are speaking, mirroring their body positions, watching their movements and expressions. People who have difficulty doing this tend to rely on the words that are said rather than the tone or manner that the words are expressed. This game deliberately mismatches the words to the feelings so that one needs to pay attention to the facial expression, body language and tone in order to correctly guess the feeling. The person acting out the feeling also needs to have some self-awareness in order to accurately portray the feeling so that others can guess.

Objectives: *Whole body listening, Social Skills, Defining and Recognizing Feelings, Eye Contact*

Materials:

- Dice (or cards 1-6) and dice cup
- Markers
- Feelings Cards (We made some but you can make more!)
- Sentences/Phrases Cards
- Game Board

Instructions:

- Place 6 Feelings cards on the board.
- One player rolls the dice, keeping it hidden so the other players cannot see the number. The number will correspond with a feeling card on the board.
- The player who rolled the dice then picks one of the Sentences cards and says that sentence while acting out the feeling they got. Once a feeling is acted out replace that card with another feeling.
- The other players try to guess what the feeling is that they are acting out. The person that guesses correctly goes forward 2 spaces. The player who acted out the feeling goes forward 1 space. If no one can guess then no one moves and it is the next player’s turn.

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FEELINGS CARDS:

ANGRY	SILLY	SAD
ANXIOUS	EMBARRASSED	CALM
GLOOMY	FRUSTRATED	HORRIFIED
CHEERFUL	LONELY	DISGUSTED
SHY	EXCITED	CONFUSED

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SENTENCES:		
<p>I CAN'T STOP YAWNING. I WANT TO TAKE A NAP.</p>	<p>DID YOU SEE THAT GIANT PURPLE RABBIT?</p>	<p>STOP TEASING ME!!</p>
<p>EXCUSE ME, I HAVE SOMETHING I NEED TO TELL YOU.</p>	<p>THANK YOU, THANK YOU, THANK YOU!</p>	<p>I FEEL LIKE THROWING UP.</p>
<p>PLAYING WITH LEGOS IS SO MUCH FUN!</p>	<p>I HAVE SOOOOO MUCH HOMEWORK TO DO!</p>	<p>THE TRAIN WILL BE HERE ANY MINUTE.</p>
<p>I REALLY DON'T UNDERSTAND WHAT YOU WANT.</p>	<p>THAT IS SO GROSS!</p>	<p>I REALLY LOVE FRENCH FRIES.</p>
<p>I JUST WANT TO DANCE AND SING.</p>	<p>WATCH OUT FOR THAT MONSTER!</p>	<p>I AM GOING TO DISNEYLAND!</p>

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THAT'S MINE! GET YOUR OWN!	YOU ARE THE NICEST PERSON THAT I KNOW.	I WON! I WON! I WON!
LOOK AT WHAT I CAN DO!	DON'T WORRY. BE HAPPY!	IT'S A BIRD, IT'S A PLANE. IT'S SUPERMAN!
I KEEP TRYING BUT IT JUST WON'T WORK.	I'M LOOKING FOR SOMEONE TO PLAY WITH BUT NO ONE WILL PLAY WITH ME.	THAT'S NOT FAIR! I HAD IT FIRST!
THIS IS THE BEST BOOK THAT I EVER READ!	HOW COULD YOU THINK THAT CARROTS ARE PURPLE?	YOU WANT ME TO DO A 10 PAGE BOOK REPORT???
YOU ARE THE BEST FRIEND IN THE WHOLE WORLD!	IS IT REALLY TIME TO WAKE UP?	IT LOOKS REALLY SCARY DOWN THERE. WILL YOU COME WITH ME?

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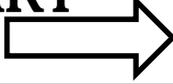
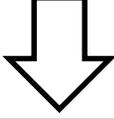


GAMEBOARD:

1	2	3
4	5	6

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START 			
FINISH			
	HOW	AM	
	I	FEELING	
	?	GAME	
			