

THE FEELINGS GAME

HOW TO PLAY:

Each child receives a small portion of Smarties and without looking, selects one Smartie. The child then has to share their feelings or emotions based on the colour Smartie chosen before enjoying their yummy treat.

	Something that makes me angry
	A time I was excited
	Something that makes me happy
	A time I was jealous
	Something that makes me sad
	A time I forgave someone
	Someone or something I care about
	Something I am afraid of