

Feelings Memory

USE FOR: Affective Expression and Modulation

Material: Two sets of Feelings Faces – can get these from Do2Learn.org or better yet, create them with photos of child and caregiver making different feelings so they get better at reading each other's non-verbal cues.

How to Play: Randomly place both sets of Feelings Faces face down. Taking turns, each player tries to find pairs of the Feelings Facts. When you miss, it is the next person's turn. When a pair is made, the player acts out the feeling. Another way to play is to have the player give an example of a time they felt that way.