

# Pen Pals

USE FOR: Affective Expression and Modulation/Feelings

**Material:** 1 mailbox, feelings cards, client, parent/caregiver (preferable, but can do it without a caregiver as well)

**How to Play:** Have a plastic baggy as a “mailbag” and put all the feelings cards into the mailbag prior to the session. The client will start off by randomly picking a feeling card and putting it in the mailbox and then “delivering” it to their parent. When their parent gets the “mail”, they will read it and share a time they felt that way, or if they are stuck they can give an example of a time they might feel that way. When they finish, they will send some “mail” back to the client. When the client receives the mail, they will tell the feeling and give an example.