

FEELINGS

USE FOR: Affective Expression and Modulation/Feelings

GAME: How I Feel

GOAL: Discuss and learn about feelings, help client understand how feelings affect them physically.

MATERIALS: Blank bodies worksheets, something to color with

HOW TO PLAY: After discussing with the client how feelings can be felt physically, ask them to draw where in their bodies they experience emotions. The worksheet has a color key. To get more in depth, ask about a time they experienced having that emotion in that part of their body.

**There are also many resources online for similar activities:

<http://www.toolsforeducators.com/feelings.php>

<http://www.eslprintables.com/buscador/buscar.asp?nivel=any&age=0&tipo=any&contents=feelings#thetop>