

Be a Youth First Family

*Resources from Youth First Social Workers and Programs
for parents and caregivers to use in the home.*

Elementary School Kids

Game: Emotions UNO

- **Play the game UNO with the standard deck, set up, and game rules.**
- **To add the twist, each color represents a different emotion:**
 - **When a player lays a yellow card, the player shares a time they felt happy or something that makes them happy.**
 - **When a player lays a blue card, the player shares a time they felt sad or something that makes them sad.**
 - **When a player lays a red card, the player shares a time they felt mad or something that makes them mad.**
 - **When a player lays a green card, the player shares a time they felt calm/relaxed or something that makes them feel calm/relaxed.**



About Youth First, Inc.:

Youth First's mission is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. Youth First partners with 81 schools across 10 counties to provide 60 Master's level social workers who assess needs, develop and implement prevention plans, and connect students and their families to community resources. Youth First also offers afterschool programs involving parents and caregivers to strengthen families. For more information about Youth First, please visit youthfirstinc.org or call 812-421-8336.