

Feelings Games



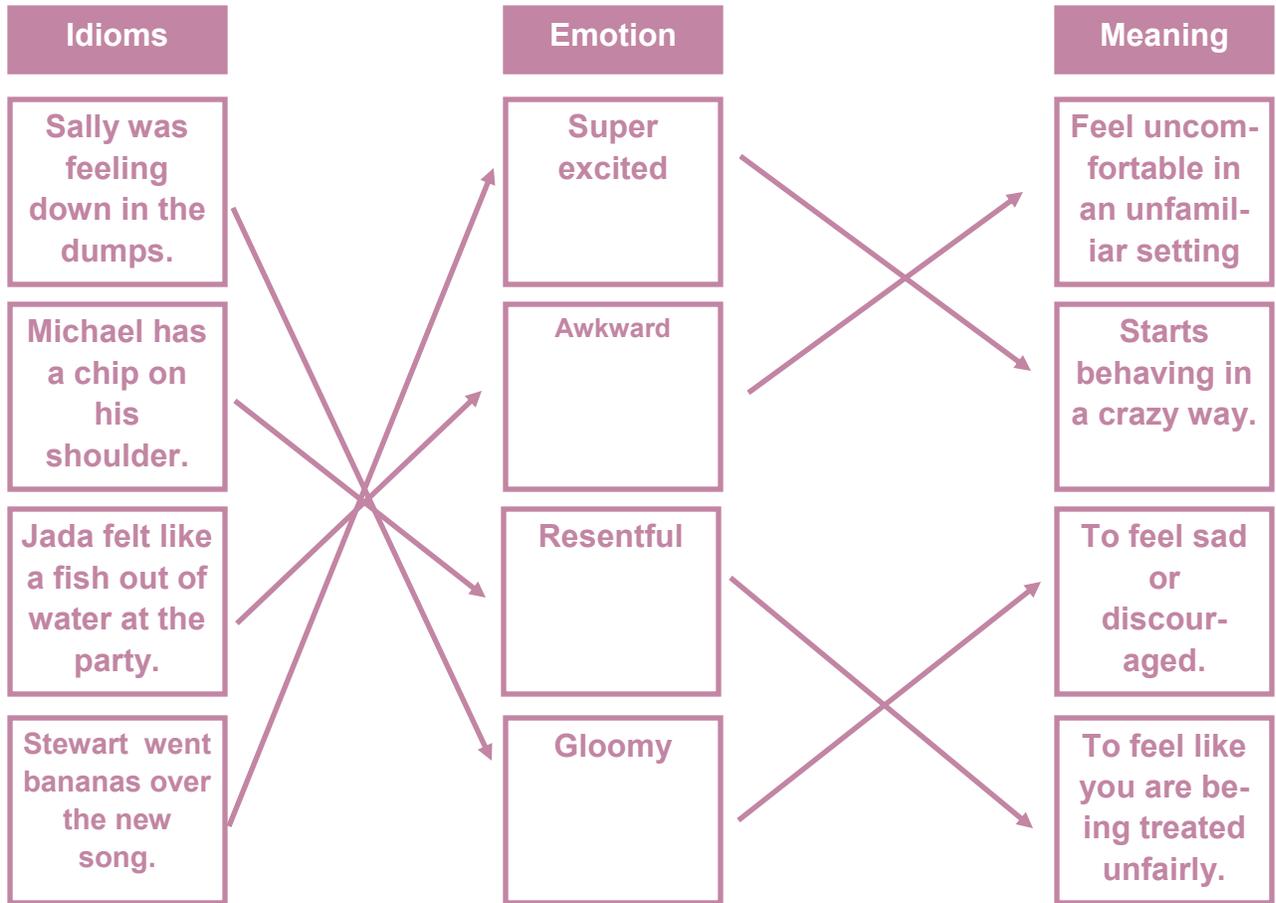
Feelings are part of everyone's daily lives. Learning to express our feelings as well as read others' feelings is essential for our well-being.

Activity #1

This idea is taken from Zones of Regulation curriculum and has been modified. We often use idioms to express how we are feeling. An idiom is a language expression that uses phrases to describe something that really don't have any connection to one another. For example, "It's raining cats and dogs." Hearing that phrase, we know that means it's raining hard and not actually raining animals. Cats and dogs have no connection to rain; yet, it is used to describe the rain. Look at the following idioms and see if you can match the emotion to the idiom as well as what the meaning might be. An answer key is provided on a following page.

Idioms	Emotion	Meaning
Sally was feeling down in the dumps.	Super excited	Feel uncomfortable in an unfamiliar setting
Michael has a chip on his shoulder.	Awkward	Starts behaving in a crazy way.
Jada felt like a fish out of water at the party.	Resentful	To feel sad or discouraged.
Stewart went bananas over the new song.	Gloomy	To feel like you are being treated unfairly.

Answer Key



Activity #2

This is an activity for you and your caregiver or a sibling (2-3 individuals). Take turns drawing out one of the idioms and see who can guess what the idiom is first. After guessing, talk about what it means and what emotion is related to it. Have fun!

Example: Mary went bananas over her gift!

You might draw a banana and a happy face.

Anna is head over heels in love with her new dog.	Sam had a lump in his throat during part of the movie.	Kyle had his nose out of joint when he wasn't chosen for the team.	Ella was proud as a peacock about her grades.	Finch thanked his lucky stars he won the lottery.	Matilda was tongue-tied when she was asked to explain what happened.
Don was weak at the knees when having his blood drawn.	Kristin had guilt written all over face when questioned.	Jeff turned on the waterworks when told no.	Hannah was over the moon about her new baby brother.	Dan wears his heart on his sleeve.	The picture of the cats at the shelter tugged at the heart-strings of Vanessa.

Activity #3

Let's write a fun story using idioms! Number the idioms from 1-10 in any order you would like. Read the story and fill in the numbered blanks with what idiom you chose for that number. See what kind of story you can create.

_____ Over the moon

_____ Down in the dumps

_____ Bored to tears

_____ Like a fish out of water

_____ Hot under the collar

_____ Proud as a peacock

_____ Hungry as a horse.

_____ Pleased as punch

_____ Sick as a dog

_____ Tongue-tied

It was Alex's first day of school! He couldn't wait to see what it would be like. As his mom pulled up to the school, he felt (#1)_____. Slowly, he walked into the office and waited while his mom enrolled him. It took his mom a long time to fill out paperwork and Alex yawned feeling (#2)_____. Finally, it was time to go to class. His mom told him goodbye and to have a good day. She looked nervous for him and said she felt (#3)_____. Alex took a deep breath and walked into class. Everyone looked up at him while the teacher introduced him. All of a sudden, Alex's excitement vanished and he felt (#4)_____. He took his seat and stared at his desk. A girl in front of him turned around to introduce herself. When he saw that she was nice, he instantly felt (#5)_____. Maybe this wouldn't be so bad after all. The morning passed quickly and it was soon time for lunch. Alex's stomach was growling and he felt (#6)_____. He got his tray and looked around for a seat in the cafeteria. A couple of kids from his class waved him over to sit with them and Alex felt (#7)_____. The afternoon passed quickly. Before long, it was time to go home. Alex was enjoying himself and felt (#8)_____ at the idea of going home. He got his backpack and headed for his mom's car. His mom asked how his day went and he told her it went fine. She instantly felt (#9)_____ at the news. Alex yawned. It had been a big day and he felt (#10)_____.