

# Be a Youth First Family

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

## Practice Self-Care

### Who Am I?

This is a quick and easy game you can play one-on-one or with the whole family. You can create this game using printed characters from the movie *Inside Out*, hand drawn emoji's, or just written feeling words on an index card. Each player will randomly pick a card for another player and tape it on their back. Take turns asking yes or no questions until the player accurately guesses their assigned emotion.

Possible emotions:

- Happy
- Sad
- Angry
- Frustrated
- Excited
- Disgusted
- Scared
- Embarrassed
- Worried

Possible questions might be :

- Do I feel this way on my birthday? - Do I feel this way when I'm in trouble?
- Do I feel this way when someone takes my toy? - Do I feel this way when I have to go to the dentist?

Not only will these questions help children better understand and identify emotions but they will also help children understand that all feelings are "normal" and that adults have these feelings too.



#### **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](http://youthfirstinc.org) or call 812-421-8336.*