

SPECIFIC EMOTION GAMES

Here are 6 different games we play to help everybody to have a better grasp of their emotional intelligence (EQ).

There are no right or wrong answers, just explore and have FUN.

HOW DO YOU FEEL?

1.

Ask someone how they feel, then use the specific emotion selector (start with one of the main emotions highlighted in black) and see how PRECISE they can get with how they are feeling. This helps them to learn to label their emotions PRECISELY.

POSITIVE FEELINGS

2.

Select a random POSITIVE emotion and explore ways that you all can feel that emotion in the day ahead- report back- see if anybody did feel it when they come home. Or, why not see if you can create that emotion in your body right now.

RANDOM FEELING

3.

Select an emotion at random, then talk about a time when you and/or your child felt that emotion in the past. If it was a positive experience ask: "What they are grateful for about that experience?". If it was negative, ask: "What did you learn?".

RANDOM MEANING

4.

Select an emotion at random then gain a deeper understanding by finding out more about it:

Look it up in the DICTIONARY
Look it up in the THESAURUS
Look it up using VISUWORDS

RANDOM METAPHOR

5.

Describe a random emotion using metaphors: 'As *THANKFUL* as a starving man given food' or, 'As *ABANDONED* as a lonely island in the middle of the ocean'. This improves awareness, understanding, and develops creative thinking skills.

RANDOM SOLUTION

6.

Select an emotion at random and discuss strategies, tools, and resources you can use to help you feel better. What have people done in the past? What worked/ didn't work? How many different ways to feel better you can come up with.