

Guess Which Hand

We all experience different feelings. Feelings are what we feel inside about people or situations, like happy, sad, angry, or scared. The Guess Which Hand game will help you talk about feelings. I will pick up a Feeling-Word Square (e.g., happy), fold it several times to form a small paper clump, and place it in one hand. I will then put my hands behind my back and move the folded square from hand to hand a few times. Then, I will place both of my hands in front of me and ask you to guess which hand is holding the folded Feeling-Word Square. If you guess the correct hand, tell about a time you experienced the feeling. You get 1 point for telling about the feeling, plus 1 extra point for guessing the correct hand. (If you did not guess the correct hand, you still get a point for telling a time you experienced the feeling.) We will play a few rounds of the game, and I will choose a different Feeling-Word Square each time.

You can earn an extra point when you rate the intensity of the feeling. This means saying whether you experienced the feeling a tiny bit, a little, medium, a lot, or extremely. Hold up the number of fingers to show the intensity of the feeling. Use the Feeling Rating Scale and read the examples below to understand this better.

Feeling Rating Scale

- 5 fingers = extremely
- 4 fingers = a lot
- 3 fingers = medium
- 2 fingers = a little
- 1 finger = tiny bit

Example 1: Ali felt scared getting a needle (a shot) from the doctor. Ali is holding up 4 fingers because Ali felt "a lot" scared.

Example 2: Ali felt scared when Ali woke up from a bad dream. Ali is holding up 2 fingers to show that Ali felt "a little" scared.

At the end of the game, trade in points for a prize: 1-10 points = 1 prize; 11 or more points = 2 prizes.

Practice Activity to Do at Home: Talking About Feelings

Talking to your parent(s) about how you feel is a good way to get your feelings out and feel better. Each day, look at this Feeling Sheet and point to the feelings that you experienced that day. Describe in detail what happened and the different feelings you experienced.

<p>HAPPY Something good happens</p>	<p>SAD Something upsets you</p>	<p>ANGRY You don't like what is happening</p>	<p>SCARED Something scary or dangerous is happening</p>
<p>WORRIED You are afraid something bad is going to happen</p>	<p>BRAVE You do something that's scary to do</p>	<p>LONELY You have nobody to be with</p>	<p>SAFE You know something bad won't happen</p>
<p>PROUD You feel good about something you do well</p>	<p>GUILTY You feel bad about something you did wrong</p>	<p>FRUSTRATED You try to do something but you can't do it</p>	<p>LOVE You care about someone a lot</p>
<p>JEALOUS Someone has something you want</p>	<p>EXCITED You are looking forward to something good happening</p>	<p>KIND You treat someone nicely</p>	<p>CALM You are relaxed</p>