

Feelings dominoes

KS 1/2

This game can be used in various ways to introduce & explore feelings with younger children or those with additional needs. It can be played in small groups or in a more therapeutic way 1:1.

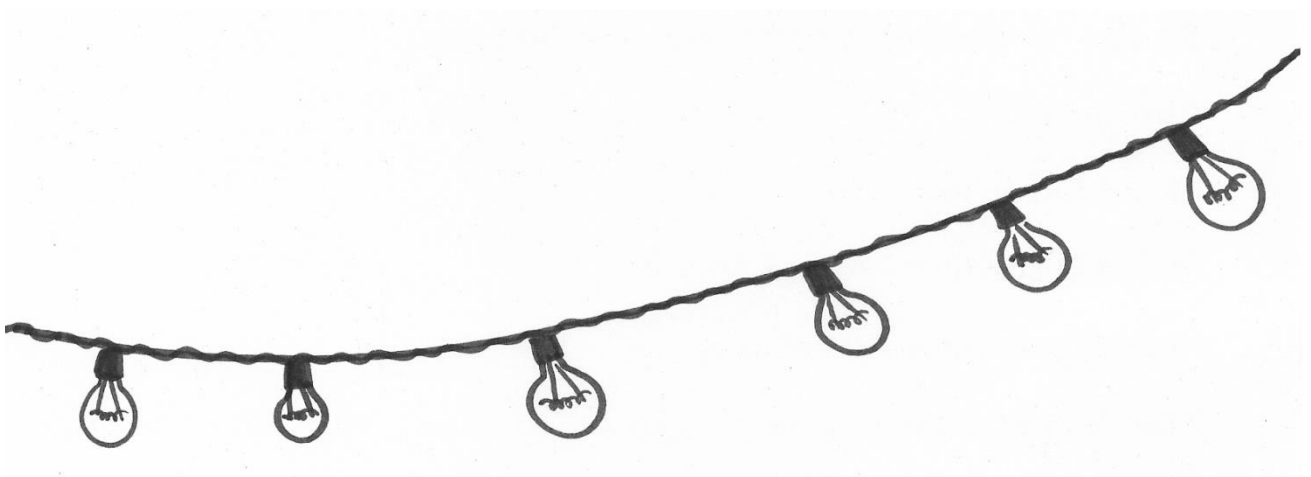
What you will need

Feelings dominoes

Blank dominoes (for extension)

Method

- Play the game as usual by asking the children to read the feeling or you can, if the children are unable
- Next let them find the picture that matches their word until they finish. You can ask the children to take turns and act out the feeling on their domino.
- Another way to play 1:1 is to ask the child to tell you about a time they felt that way and explore what they can do if they feel that way again.
- Extension Activity: Print out blank dominoes for the children to make their own, drawing the feeling or writing the word depending on the child's abilities.

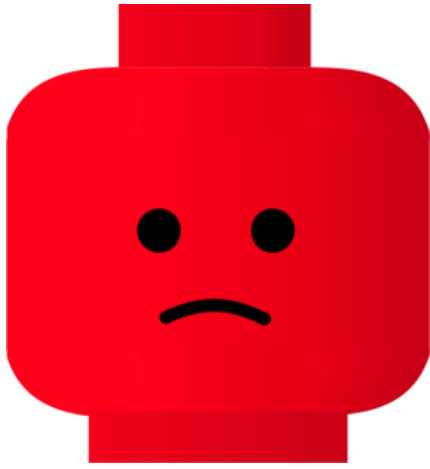


Start

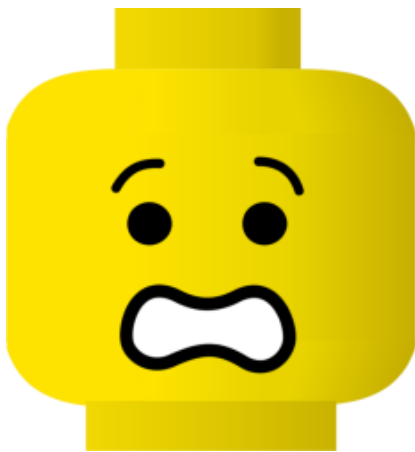
Angry



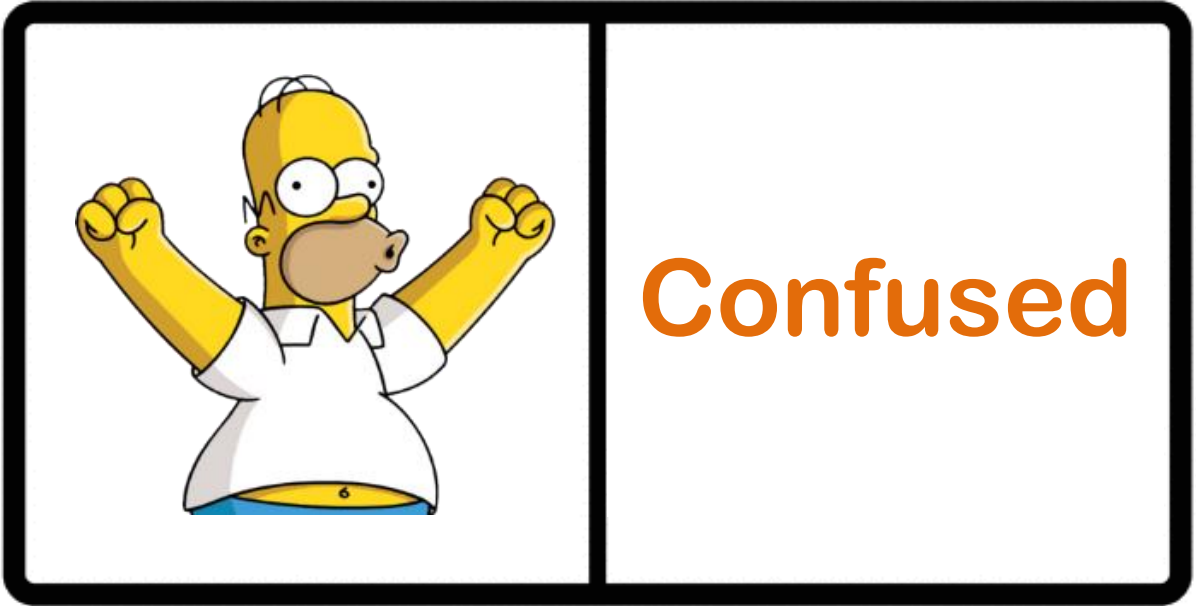
Sad



Scared



Excited

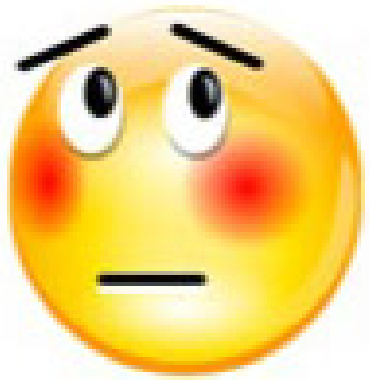




Tired



Embarrassed



Brave



Kind



Silly



Worried



Surprised



Finish

