

Feelings Jenga

Various timings

KS 2

Small group based activity exploring feelings

What you will need

Jenga block game

Labels/pens

Scenario cards

Method

This game can be adapted and played a variety of ways.

Version 1:

- Write a different feeling on each block e.g. sad, grumpy, happy.
- Play as usual but as each block is pulled ask the children to describe a time they experienced this feeling.
- This way of playing is better when used in a more therapeutic way as personal information can come up.

Version 2:

- Write questions on the blocks.
- Play as usual but as each block is pulled the children have to answer the question e.g. How would you help a friend who is sad? What is mental health?

Version 3:

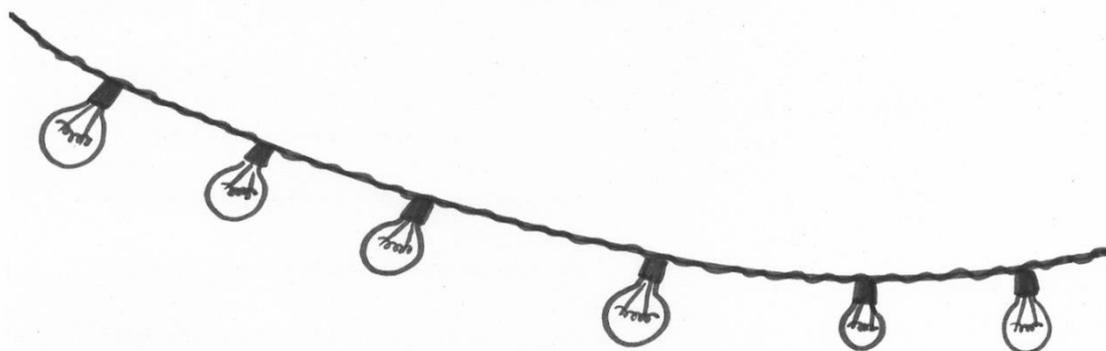
- Write the scenarios on blocks or print them on cards so that one is read out as each brick is taken.
- Play as usual but as each block is pulled the children have to say what they would do in that scenario e.g. Where would they go for help? Would they ask for help?

Version 4:

- Play a self-care version.
- Choose the most suitable cards and play as normal. But when the children choose a card they have to answer twice - once thinking about how they would help a friend in that situation and what would they do if it was them.
- Discuss how it is sometimes easier to help others than to be kind to ourselves.

Other questions you could ask include;

- What advice would you give this person?
- Who can this person turn to for support?



You had a bad day yesterday and said something mean to a friend. Now you feel really bad.

A friend tells you that they're being picked on but asks you to keep it a secret.

You get left with a babysitter and it makes you feel angry.

You like superheroes but your friends say they are for babies. You don't agree but they keep teasing you.

In the playground someone starts hitting you for no reason. You tell a grown-up but the kid says you're lying.

You have a new baby brother. Your parents are happy, but not you. The baby cries a lot and you feel left out.

Your younger brother likes to play with dolls. One of your friends makes fun of him and says that dolls are only for girls

One of your friends talks about running away.

Your dog is sick. At school, you feel too worried to concentrate. You can't pay attention.

You are getting a certificate for good work, but you have to go up and collect it during assembly, which is worrying you.

Your sibling upset you before school and you're having trouble forgetting about it.

All your friends got an invite to 'Kate's' Party except you. You feel left out.

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All your friends got an invite to 'Kate's' Party except you. You feel left out.

You've accidentally hurt yourself in the playground and are scared of asking for help.

You punched a wall because You're not being listened to.

It's mufti day on Friday. Everyone is really excited but you're nervous.

You're worried about answering questions wrong in class. What can you do?

You haven't got your P.E. kit this week, you're worried the teacher will tell you off.

Someone you don't know tried to add you on snapchat. What should you do?

You see someone get pushed over in the playground.

You see someone being a 'bully' and picking on someone you don't like.

A friend says they don't like the way they look and they are really unhappy.

A friend is upset because they have been called names.

Your friend's parents have forgotten to pack a lunch for them.

A classmate is really upset because they don't understand the work.

Someone at school calls you a name. You don't know exactly what it means, but you're pretty sure it's bad.

You have to stay at your cousin's for the weekend. You don't like any of the food your aunt gives you.

Your Mum/Carer promised she'd play with you this weekend, but now she says she's too busy.

You're not as good at sports as your friends. Sometimes they tease you. It makes you sad, and you wish you could do better.

Your parent/carer leaves you home alone for a little while. You know they'll be right back, but you get very scared.

A boy you know likes dolls and princesses. If the other boys find out, you know they'll tease him/pick on him.

Your best friend is picking on another kid who you don't like. Your friend is being really mean, but the other kid is often mean to you.

Your friend's mum died and he's really sad.

You were having fun playing and forgot to go to the toilet. You wet your pants and now you're scared your teacher will be cross.

Your brother has started going to the gym and they start teasing you for not having big muscles.

Some girls have decided to wear the same thing to school on mufti day, you feel down because you don't feel comfortable doing this.

There is a new person in class and they are really shy.

Someone wants to play with you but you want to be alone.

A classmate feels lonely & different to everyone else because they don't fit in with the latest trends in school.

Your friend's parents are really strict and your friend feels pressure to be perfect.

You wet the bed but didn't tell your parents. Now your friend is coming over to play and you're afraid they will find out.

You're having a hard time understanding a problem in maths, but you feel shy about raising your hand and asking questions.

Your younger sister likes to play football. One of your friends makes fun of her and says that only boys can play football.