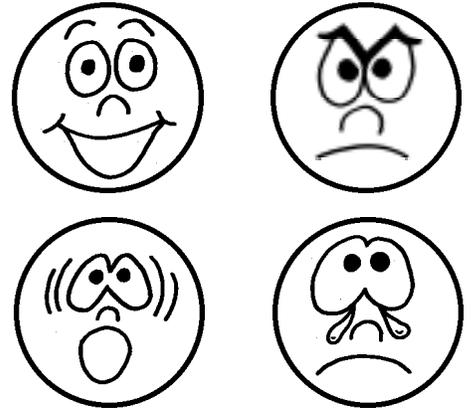


Hide and Go Seek Feelings

Ages 5-9

Activity Objective:

This activity allows younger children to search, find, and identify various feelings. It also illustrates the importance of getting feelings out and the effects on the physical body if feelings are kept inside.



Instructions:

- Prior to the session, the group leader prepares 1 set of 4 feeling faces for each child on construction paper or copy the faces on page 72. The feelings include: happy, mad, sad and scared. There should be 1 set of feelings for each child.
- The faces should be cut out in the shape of a circle. Candy is taped to the back of each circle. These feeling faces are hidden around the room or outside.
- The group leader begins the session by discussing the importance of feelings and how they can effect our body if kept inside, i.e. stomach aches, headaches.
- The activity begins by telling the children that there are feelings hidden around the room and their task is to find the feelings.
- Upon completion of their search, they are instructed to share their feelings by making sure that each child has a complete set of the 4 feelings.

mad and 1 scared feeling face, they are asked the following:

- 1) Pick one of the feeling faces and demonstrate what that feeling looks like.
- 2) What about your asthma makes you feel that particular feeling?
- 3) Where does that feeling get stuck in your body? That feeling face gets taped on that spot on the outside of their body. (If they point to their head, then the feeling gets taped to the spot on their head that they pointed to.) This demonstrates that they were able to get their feelings out.
- 4) They can eat the candy symbolizing ownership of that feeling.
- 5) Each child should be validated for getting his or her feelings out and wearing them on the outside.

Optional: You can turn on music and they can do a “feeling dance” wearing the feelings on the outside.

Open-ask Child: 1 happy, 1 sad, 1

- Materials Needed:**
- A set of 4 feeling faces for each child made out of construction paper
 - Tape
 - Candy

