***Rectangle

Description automatically generated with medium confidence***

Childrens Social Care and Lifelong Learning

Education, Schools and Inclusion, SEND Team

**Feelings Board Game**

The “Feelings Board Game” is a simple yet engaging game designed to encourage players to explore their emotions in a fun and interactive way. Here’s how it works:

1. Roll the die to determine your move.
2. Look at the square you have landed on, which will display an emotion such as “scared,” “angry,” “happy,” or others.
3. Share a personal experience when you have felt that particular emotion. Describe what happened during that time and what you did in response to those feelings.
4. The game includes challenge squares, and if you land on one of these squares, you must take on a special challenge related to an emotion. For example:

* Do a dance.
* Tell a funny joke.
* Sing a song, and so on.

The “Feelings Board Game” not only provides entertainment but also encourages players to connect with their emotions, share experiences, and express themselves in creative ways.

