IFRC

CRVENI KRST CRNE GORE
RED CROSS OF MONTENEGRO
1878

All My Fellings

Funded by
the European Union

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Game instructions

Divide the game cards into two stacks– activity cards (green background) and emotion cards (orange background). Shuffle each stack separately and place them face down.

The first player takes one activity card and one emotion card from the top of each stack, taking care to keep the emotion card hidden from view. The task is to perform the activity listed on the activity card in a way that corresponds to the emotion on the emotion card. The cards can then be placed back at the bottom of each card stack or kept by the player who drew them. The game continues by taking turns, so that each player repeats the same process.

Suggestion for playing with younger children:

Remove the more complex emotions cards (e.g. anxiety) from the emotions stack, starting out with cards showing basic, easily recognizable emotions (e.g. happiness, sadness, anger). Provide the child with an appropriate support to complete each activity.pri izvođenju svake aktivnosti.

Other variations of the game:

- Emotion recognition: Place the stack of emotions cards face down. There is no need for activity cards for this game variation. The player draws a card from the top of the stack, names the emotion and makes the corresponding face expression. Talk about situations where someone might feel that emotion and about the physical reactions that accompany that emotion.

- Emotion pantomime: Choose 10-15 emotions cards and spread them face down on the table. Each participant chooses one card without revealing his choice to others. The task is to convey the emotion shown in the card using only facial expressions and body movements, while the other players try to guess the emotion.

- Sorting Emotions: Sort the emotion cards into two piles: positive emotions (emotions that make them feel good or happy) and negative emotions (emotions that make them feel bad or mad). Discuss why each emotion has been placed in a particular category.

- Developing empathy: Choose an emotion card and discuss how one could support a friend who might feel that way. Through role play, simulate the situation and demonstrate what that conversation or support would look like.

EMOTION

SHAME

EMOTION

JEALOUSY

EMOTION

SURPRISE

EMOTION

ANGER

EMOTION

SADNESS

EMOTION

HAPPINESS

EMOTION

DISGUST

EMOTION

INDIFFERENCE

EMOTION

FEAR

EMOTION

WORRY

EMOTION

ANXIETY

EMOTION

ENVY

EMOTION

GUILT

EMOTION

LOVE

EMOTION

PRIDE

EMOTION

EXCITEMENT

EMOTION

RAGE

EMOTION

LONELINES

EMOTION

SATISFACTION

EMOTION

HURT

EMOTION

DISAPPOINTMENT

EMOTION

CONFUSION

EMOTION

AGITATION

EMOTION

OFFENSE

EMOTION

ADMIRATION

ACTIVITY

Without words, use your body to show how the emotion feels. The other players have to guess the emotion you chose.

ACTIVITY

Share a story about
the last time you
felt like this.

ACTIVITY

Complete the sentence
„This emotion tells me
that...”

ACTIVITY

List 5 words that
describe this emotion.

ACTIVITY

Describe how you would support a friend if they were feeling this way.

ACTIVITY

How you would tell if your friend is experiencing this emotion?

ACTIVITY

Describe how your body feels when you experience this emotion?

ACTIVITY

Share a story of a
time you felt this way
at school.

ACTIVITY

Describe a situation where a friend of yours felt this way.

ACTIVITY

Name a place that might make you feel this way.

ACTIVITY

Name an opposite emotion to the one you have chosen.

ACTIVITY

Complete the sentence:
„When I feel this way,
I want to...”

ACTIVITY

If you were feeling overwhelmed with this emotion, share one way you might calm down.

ACTIVITY

Share a time when you saw someone experiencing this emotion. How did you feel? What did you do?

ACTIVITY

How would you like others to treat you when you are feeling this way?

ACTIVITY

Share three words that describe how this emotion feels.

ACTIVITY

Name a person you would like to have by your side when you feel like this.

ACTIVITY

Share some positive words you could say to yourself if you were feeling this way.

ACTIVITY

Name both a negative and a positive way you might respond when feeling this emotion.

ACTIVITY

Complete the sentence:
„This emotion makes my body feel...”

ACTIVITY

Share one way you could take care of yourself when you feel this way.

ACTIVITY

Complete the sentence:
“This emotion makes me think about...”

ACTIVITY

Share a story about the last time you experienced this emotion.

ACTIVITY

Without using the
name of the emotion,
tell a story about a time
when you felt this way.
The other players have to
guess the emotion drawn.

ACTIVITY

Show what your face looks like when you experience this emotion.