



Feeling Faces

Supplies:

- One list or set of affirmations ovals per person
- Feeling Faces game board (attached)

Instructions

Read an affirmation out loud and ask everyone to point to the face on their Feelings Faces Board for how that affirmation makes them feel.

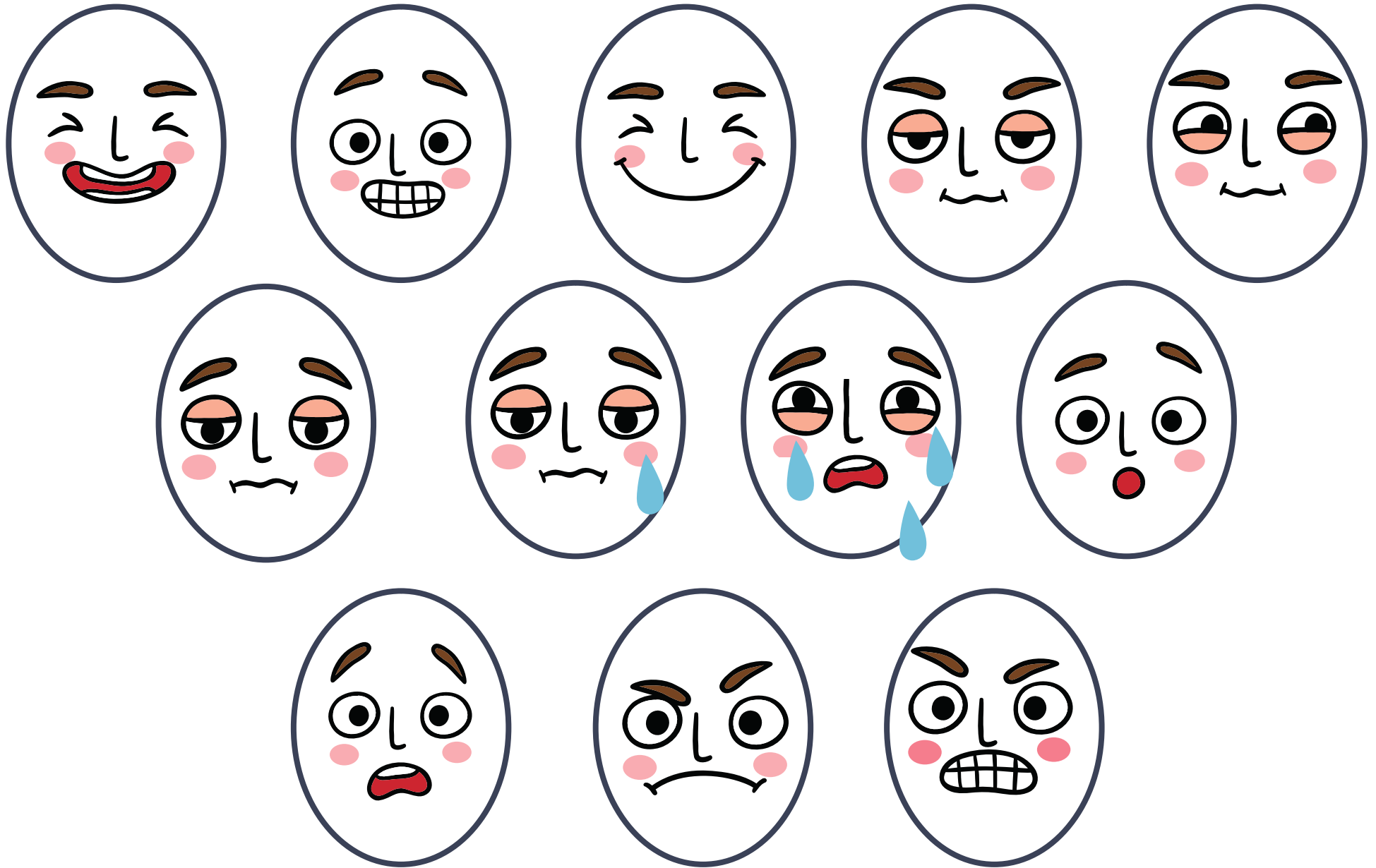
Ask them if they wish they felt differently. If so, have them point to the way they wish they felt.

Say the affirmation out loud and ask them to make the face that they have (or wish they have) when they hear the message.

(If each person has a set of ovals use the board with blank ovals, and put the affirmation ovals above the face they feel.)



Feelings Faces Board



Feelings Faces Board

