Change your feelings Game www.relaxkids.com

How to Play

Cut up the cards and place them in a bag or a box. One child picks a card and reads it aloud.

The other children come up with ideas of what they could do to help change the emotion.

When they have run out of ideas, the next child picks a card.

This can also be used in a one to one sessions to help children understand feelings.

I feel sad but I would like to be happy relax kids

I feel shy but I would like to be confident

I feel stressed but I would like to be relaxed

I feel greedy but I would like to be **generous**relax kids

I feel Juilty but I would like to be good relax Kids

I feel hurt but I would like to be OK

I feel bored but I would like to be motivated relax kidis

I feel angry but I would like to be peaceful

I feel upset but I would like to be comforted relax kids



I feel scared but I would like to be

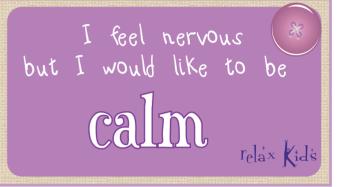
COUPAGEOUS

relax Kids

I feel hateful but I would like to be loving relax kids

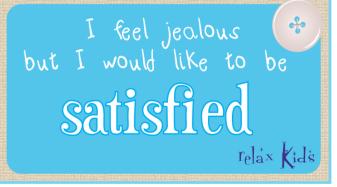


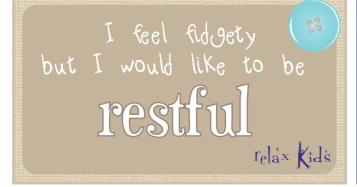








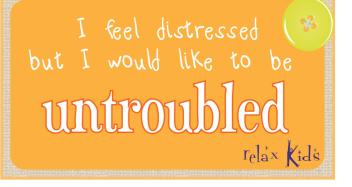


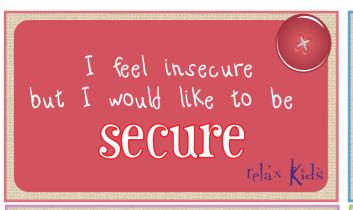


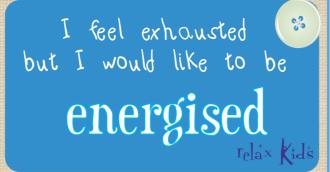
I feel anxious but I would like to be

Serene

relax Kids









I feel fearful but I would like to be safe relax Kids

I feel lazy
but I would like to be

energetic

relax Kidis

I feel Grumpy (*)
but I would like to be

cheerful

relax Kidis

I feel silly but I would like to be sensible

I feel embarrassed but I would like to be carefree

I feel panicky but I would like to be UNWOPPIED relax Kids

I feel troubled but I would like to be COMPOSED relax Kids

I feel dishonest but I would like to be truthful relax Kidis

I feel a fraid but I would like to be

Brave

relax Kids