

# 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

relax kids

I feel stressed  
but I would like to be

relaxed

relax kids

I feel greedy  
but I would like to be

generous

relax kids

I feel guilty  
but I would like to be

good

relax kids

I feel hurt  
but I would like to be

ok

relax kids

I feel bored  
but I would like to be

motivated

relax kids

I feel angry  
but I would like to be

peaceful

relax kids

I feel upset  
but I would like to be

comforted

relax kids

I feel worried  
but I would like to be

joyful

relax Kids

I feel scared  
but I would like to be

courageous

relax Kids

I feel hateful  
but I would like to be

loving

relax Kids

I feel ashamed  
but I would like to be

proud

relax Kids

I feel hurtful  
but I would like to be

Kind

relax Kids

I feel nervous  
but I would like to be

calm

relax Kids

I feel impatient  
but I would like to be

patient

relax Kids

I feel envious  
but I would like to be

contented

relax Kids

I feel jealous  
but I would like to be

satisfied

relax Kids

I feel fidgety  
but I would like to be

restful

relax Kids

I feel anxious  
but I would like to be

serene

relax Kids

I feel distressed  
but I would like to be

untroubled

relax Kids

I feel insecure  
but I would like to be

**secure**

relax Kids

I feel exhausted  
but I would like to be

**energised**

relax Kids

I feel rejected  
but I would like to be

**accepted**

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 Kids

I feel grumpy  
but I would like to be

**cheerful**

relax Kids

I feel silly  
but I would like to be

**sensible**

I feel embarrassed  
but I would like to be

**carefree**

relax Kids

I feel panicky  
but I would like to be

**unworried**

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 Kids

I feel afraid  
but I would like to be

**Brave**

relax Kids