



FEELINGS BOARD GAME

This indoor activity supports the following SEL concepts:

- ✓ Co-operative learning
- ✓ Listening to each other
- ✓ Making & keeping friends
- ✓ Making good decisions/choices



SEL TOP TIPS

for a successful game:

Try to remember:

- » Your fair play rules
- » To compliment your team mates
- » The Golden Rule
- » To listen to others
- » To use the steps for calming down
- » To problem solve:
Stop, Make a plan & Go



FEELINGS BOARD GAME

WHAT YOU NEED

A3 plain paper, pencils, pens, dice

HOW TO PLAY

1. Children work in pairs to create a new SEL board game.
2. The children draw a wiggly path on their A3 paper and then block it out to make a road.
3. They then colour in the blocks on the path alternatively yellow and blue.
4. The children then write down comfortable and uncomfortable feelings on the correct colour blocks (yellow – comfortable, blue – uncomfortable), remember Private can be comfortable and uncomfortable.
5. The children then take it in turns to roll the dice and using a classroom object move along the path. When they land on a feeling they share a story with their partner as to when they had that feeling recently.
6. Why not take the game home and play it there too!

VARIATION

Instead of writing feelings words on the yellow and blue path, make blue and yellow cards with scenarios written down on them. When you land, you have to pick up the correct colour card and follow the instructions.