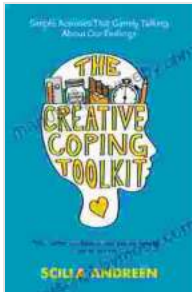


# Simple Activities That Gamify Talking About Our Feelings



## The Creative Coping Toolkit: Simple Activities That Gamify Talking About Our Feelings by Daniel Humm

★★★★☆ 4.4 out of 5

Language : English

File size : 18433 KB

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Print length : 124 pages

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Talking about our feelings can be difficult, but it's important to find ways to express ourselves. These activities can help make it easier and more fun to talk about our feelings.

## 1. The Feelings Charades Game

This game is a great way to get people talking about their feelings in a fun and lighthearted way. To play, write down a list of different feelings on pieces of paper. Then, divide the group into two teams. One team will take turns acting out the feelings on the paper, while the other team tries to guess what feeling is being acted out.

The team that guesses the most feelings wins. This game can help people to learn how to identify and express their feelings, and it can also be a lot of fun.

## **2. The Feelings Scavenger Hunt**

This activity is a great way to get people moving and talking about their feelings. To play, hide a series of clues around the room. Each clue will lead to a different feeling. The first team to find all of the clues and guess all of the feelings wins.

This activity can help people to learn how to identify and express their feelings, and it can also be a lot of fun.

## **3. The Feelings Bingo Game**

This game is a great way to get people talking about their feelings in a structured and organized way. To play, create a bingo card with a list of different feelings. Then, have people take turns sharing their feelings. If someone shares a feeling that is on their bingo card, they can mark it off.

The first person to mark off all of the feelings on their bingo card wins. This game can help people to learn how to identify and express their feelings, and it can also be a lot of fun.

## **4. The Feelings Journal**

This activity is a great way for people to reflect on their feelings and express themselves in a private and personal way. To do this activity, simply provide people with a journal and ask them to write about their feelings. People can write about anything they want, and they can use any format they want.

This activity can help people to learn how to identify and express their feelings, and it can also be a therapeutic way to process difficult emotions.

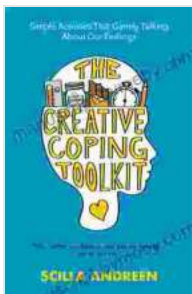
## 5. The Feelings Art Project

This activity is a great way for people to express their feelings through art. To do this activity, provide people with art supplies and ask them to create something that represents their feelings. People can create anything they want, and they can use any medium they want.

This activity can help people to learn how to identify and express their feelings, and it can also be a therapeutic way to process difficult emotions.

These are just a few of the many activities that can be used to gamify talking about our feelings. These activities can help people to learn how to identify and express their feelings, and they can also be a lot of fun.

If you are looking for ways to make it easier and more fun to talk about your feelings, try one of these activities. You may be surprised at how much you enjoy it.



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