

Teacher's Guide

I made this assignment because many of my pupils are presented with a lot of horrific pictures on TV and the social media. The speed of media is immense and very often the children don't get time to think about how it makes them feel. Unfortunately, they often don't talk to anyone about it. The purpose of this game is to make room for feelings and talk. I wouldn't like it to be used without a trusted grown-up present. That would contradict the purpose, namely to make the children feel safer and stronger.

- Print the pictures on cardboard or on print paper and laminate them. This way, you can use them many times or share them with your colleagues. Cut them out.
- Print a feeling board for each student. These can be laminated too if you like.
- Get playing pieces or some alternative for the pupils to mark the feelings on the board. I punched out little hearts from cardboard.
- Divide the children into groups where they feel safe to talk about feelings.
- Every student gets a feeling board and some playing pieces.
- Put all the pictures on the teacher's desk. One pupil from each group fetches a picture and takes it back to the group. Everyone in the group put pieces on the feelings they get when they see the picture. Afterwards, they talk about why they feel like they do. They are allowed to remove or change their pieces if they feel something else as the conversation comes along.
- (Keep an eye on them at all times to make sure no one is too upset. But it is ok to be sad or angry or something else. That's the point, actually.)
- Then someone else fetches a new picture.
- Alternatively, you can print more picture sets and let each group keep a set on their table. I like them to get up and move a little and sometimes they go through the cards quickly if they are on their own table. Also, if the pictures are on the teacher's desk they have a chance to confide personally in you if they need to.
- My daughter suggests that you can play the game backwards. First choose a feeling and then find a card that matches the feeling.