Better Parenting

# Feelings Board Game

Roll the die, move a piece, and name the feeling where it lands.

## Helps Your Child Grow



### Emotional Functioning

As your child plays the emotion board game, they practice recognizing and naming different feelings.



### Vocabulary

Talking with you during the emotion board game gives your child practice expressing ideas and using new feeling words.

## Steps

- Draw a board with 10 to 15 spaces on a large sheet of paper. Add a facial expression and feeling word to each space, plus a few lucky and challenge spaces that introduce a new feeling word.
- Sit with your child, roll a die, and take turns moving that number of spaces. Say, “Let’s play the feelings game. We each move the number we roll.”
- When your child lands on a feeling, invite them to name and show it: “This face looks sad. Can you show sad?” They might frown, say, “I’m sad,” or use a body movement. Add a situation such as, “How might you feel if someone took your toy?”
- When your child finds one way to express a feeling, echo it and invite another way using the face, voice, or body.
- The game ends when either player reaches the final space.

## Tips

- If detailed facial expressions are difficult to draw, use simple symbols: a smile for happy, tears for sad, and furrowed brows for angry.

## Observations

- ○ Frowns or says, “I’m angry,” to express the emotion
- ○ Repeats a new word after hearing it