

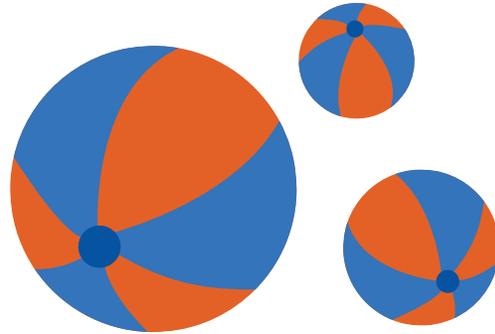
# Feeling Words Ball Game

## Objective

Help participants identify new feeling words

## Materials

- A mid- or large-sized ball or a balloon



## Activity

1. Ask group members to form a circle.
2. Explain that there are many different feeling words. For example, if someone is happy, they could be elated, excited, content, thrilled, etc.
3. The group leader will first say a feeling word (e.g., “mad”) and then pass the ball to another participant. Whoever catches the ball should come up with another word that is similar to the named feeling (e.g., mad = frustrated, annoyed, angry; sad = disappointed, devastated, down). Group members will keep passing the ball around until 5 words for each feeling word have been said.
4. Group leader will repeat the activity with the feeling words “sad,” “scared,” and “happy.”

## Discussion

*“You might have noticed that different feeling words show different levels of emotion. For example, the word ‘mad’ could go with ‘annoyed, angry, or furious.’ The word ‘sad’ could go with ‘disappointed, upset, or devastated.’ ‘Scared’ could go with ‘nervous, frightened, terrified.’ Each word shows a different strength or intensity of the feeling. By figuring out the word that most clearly describes how we are really feeling, we can understand ourselves better and also communicate our feelings and our needs better to people who are there to help.”*

## Group Leader Tips

If group members struggle with coming up with words, let them know it is okay to pass the ball to someone else. Emphasize it can be tricky to think of words to describe feelings other than the few we choose to always use. If group members use physical feelings, such as “jittery, sweaty, etc.,” try and encourage them to connect those physical feelings to a feeling word.