

Guidelines for Feelings Memory Game

STANDARD: ASCA standard - Mindset standard 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.



KINDERGARTEN/GRADE 1 ACTIVITY - Memory Game

OBJECTIVE: Student will be matching the action/expression with its feeling.

DIRECTIONS: This game can be played with a small group or with an adult and a student. The cards should be printed on card stock and cut out before playing.

The adult will show the cards and with the student make the correct matches. (Or the match that makes the most sense for them.) During this matching the adult will be explaining the reasoning behind the matches. Also, the student should be asked to provide input at this time.

If you or your child need support with mental health, reach out to a mental health professional.
You can find resources and assistance at FastTrackerMN.org.



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Notes About the Game:

The first time the game is used the adult should lay out the cards face up. It will be important for the adult to read the feelings to the child throughout this activity as many kindergarteners or first graders will not yet have the reading skills to read it on their own. The matching can be done while talking about why the picture and the emotion go together. Defining the feelings in this activity is also important when working with young children. You might need to help them understand that excited comes with a sense of anticipation while happy is often an emotional state. Worried and scared can often feel very similar but scared is a reaction to something currently happening and worried is about something that might happen. Shy and sad may look similar but can be caused by different situations.

It will also be important to discuss what facial expressions or body positions/movements can tell us about the feelings someone is experiencing. This could be a time to gain insight into the student's thinking/knowledge and provide instruction as needed.

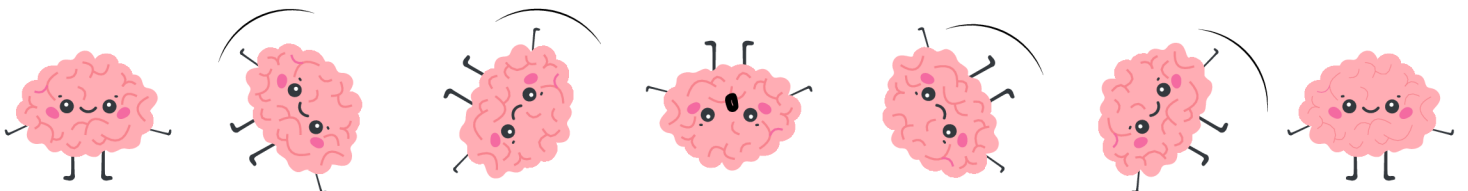
Possible Prompts:

- How do you know this person is (name an emotion)?
- Are there other feelings that might be a match with (name a picture)?
- Why do you think these two go together?
- Is there a match that you can find?
- What does the child's face tell us about what they are thinking? What do you think someone jumping up and down is feeling?
- If someone is mad, what might they do with their body to show how they feel?

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Mad

Proud

Sad

Worried

Happy

Calm

Scared

Excited

Shy

