

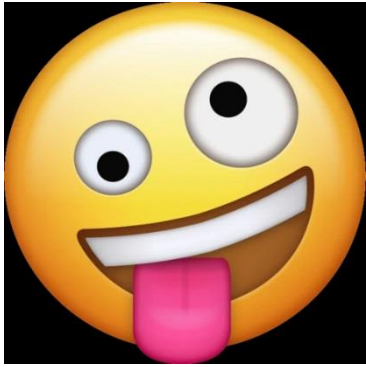


## R U OKAY DAY!

### Emotions scavenger Hunt

*How to play:*

- Print out 2 copies of the feeling's emojis.
- Use one copy for a checklist.
- Cut out the emojis on the other copy, fold in half and put into a jar.
- *\*if you can not print these out you can always draw your own! \**
- Ask each family member to choose one of the pieces of paper from the jar.
- Everyone that is playing the game should separate into different parts of the house or outside.
- The family members that are playing need to pretend to have that emotion they choose out of the jar.
- When the child notices which emotion they are acting out have they need to check it off the list!
- Once someone guesses the feeling the other family member should pick another feeling from the jar. Continue picking papers and acting out feelings until all the feelings have been acted out and guessed.
- Promote conversation with your child and family members about different emotions. Enforcing that every feeling they have is OK and to talk about them with a trusted person!



SILLY



SAD



HAPPY



SCARED



SLEEPY



ANGRY



LOVING



SICK



SURPRISED