# Kimochis Hunt

**Materials:** Kimochis® Mixed Bag of Feelings

**Purpose:** Adding Kimochis® feelings games and activities into your day give children a focused, safe time to learn to identify and express feelings, work through conflicts, and build the foundations for social and emotional intelligence.

** Play this game when you have a few extra minutes of downtime.

**Game: Kimochis Hunt**

*Hide the plush feelings in obvious places around the room.*

*Turn on some fun music and let the feelings hunt begin.*

*When the music stops, sit in a circle so each person can take turns acting out the feelings they found. If this is done in a classroom tell each child they can find one each.*

*Once they find one, ask them to offer to join a peer who is still looking and be a supportive extra pair of eyes on their hunt.*

*To promote academic integration, provide each student with the* ***Make Your Own Feeling*** *handout after this activity.*

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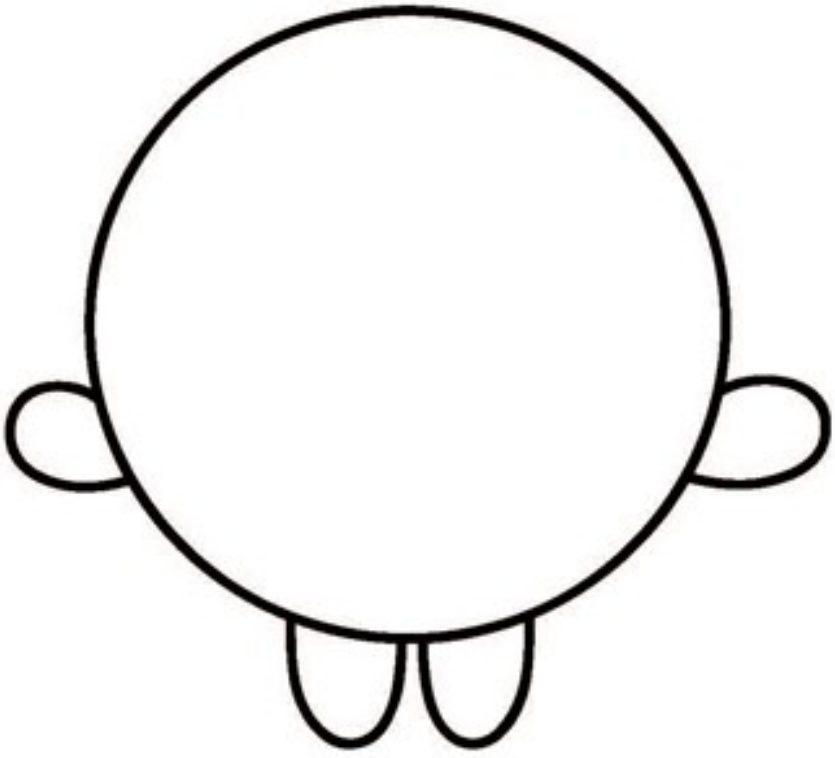
Kimochis®

# Make your own feeling!

What does your feeling look like?



## I feel _____ when…

Share your Feelings!