Play Is the Way

Materials: Kimochis *Mixed Bag of Feelings* in a bowl

Purpose: Adding Kimochis feelings games and activities into your day give children a focused and safe time to learn how 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: Simon Says “Feelings”

Play “Simon Says” with the children giving feelings directions. Each person gets a turn to pull a Feeling from the bowl and give a feelings direction.

For example, say, *“Simon says, look happy.”* In between commands, you can ask questions about those feelings such as turn to a partner and tell them *“What makes you feel happy?”*

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