

Today I Feel Silly Skillathon Poster Text

SITUATION:

You've noticed that your K-2 group has been acting out and you need an activity to help them show their true feelings in appropriate ways.

YOUR TASK is to facilitate TODAY I FEEL SILLY

The Toss-A-Cross Activity

1. Ask youth to chose one of the Mood Dudes then:
 - a. Say one word and make a face that describes that mood
 - b. Tell about a time when you felt that way.
 2. Keep going until all youth have had a turn and all moods have been covered.
- HINT: If a child is hesitant to share, let them observe.

TALK IT OVER

Reflect

- Why is it important to talk about your feelings?
- Why is it important to know the names of what you're feeling inside?

Apply

- Think of a time when someone was having a bad day. What could you do to help them get over their bad feelings?

