



## ALPHABET FEELINGS

This indoor activity supports the following SEL concepts:

- ✓ Listening to each other
- ✓ Making & keeping friends
- ✓ Co-operative learning
- ✓ Consequences



### SEL TOP TIPS

for a successful game:

Try to remember:

- » Your fair play rules
- » To compliment your team mates
- » The Golden Rule
- » To listen to others
- » To use the steps for calming down
- » To problem solve:  
Stop, Make a plan & Go



## ALPHABET FEELINGS

### HOW TO PLAY

1. Choose a caller (this could be the Pupil of the Day.)
2. All the other players sit in a circle.
3. The caller shouts out a letter of the alphabet.
4. The players take it in turns to say as many feelings as they can think of that begins with that letter, the children keep going until they cannot think of any more.
5. The person who cannot think of an additional feeling word has to pick a partner to role play a time when they felt one of the feelings said in the circle.
6. The other players have to guess what the feeling being acted out is.
7. The caller then chooses the next person to replace them as caller and the game continues.