

Social and Emotional Learning

Interactive Games for the Family



Unpopular Opinions

You will need

- Strips of paper
- Pens
- A bag

1. Give everyone a strip of paper and ask them to write down an opinion they have which might be controversial. They can write as many as you want, depending on the size of the group.
2. Once written, fold them and put them in the bag.
3. Choose one end of the room to be 'Agree' and the other end to be 'Disagree'.
4. Everyone stands in the middle and an unpopular opinion is picked from the bag and read aloud.
5. People then move to either the 'Agree' or the 'Disagree' end of the room. If they are undecided, they can stay in the middle.
6. The people at either end of the room have a chance to persuade those in the middle or other end of the room over to their side. You can provide a time limit if needed.
7. One end will then be declared the winner and another opinion is picked.

Feelings Bingo

You will need

- List of feelings
- Feelings cards in a bag (print or write your own)
- Scrap paper, pencils

1. On paper (or individual whiteboards if you have them) each person should draw a grid as shown below

2. Write different feelings in each box on your grid (from the list provided). You should have 9 different feelings.
3. Choose someone to go first. This person will pick a feeling out of the bag and either act out the feeling on the card (showing facial expressions and body language) or tell a story about a time they felt this feeling. The rest of the group try to guess the feeling.
4. Once guessed correctly, everyone, including the person who picked the card, can mark this feeling off on their grid if they have it.
5. The next person picks a card out of the bag and repeats the above.
6. Keep doing this until someone gets a full row, column or diagonal line on their grid and shouts 'Bingo!'

Happy	Proud	Generous
Calm	Excited	Angry
Jealous	Frustrated	Guilty
Scared	Disappointed	Sad
Tired	Worried	Selfish
Shy	Ashamed	Lonely
Confident	Surprised	Humiliated
Disgusted	Bored	Confused
Embarrassed	Greedy	Fine
Safe	Kind	Content
Hopeful	Delighted	Curious



Sweet-Talk Me!

You will need

- Coloured sweets (skittles, smarties, jelly babies etc) OR dice

1. Pass the bag of sweets around and ask people to pick a number of sweets each. Tell them not to eat them yet! OR Pass around a die and take turns to roll it.
2. Using one of the lists below, have people answer the corresponding question. If they have the same colours or roll the same number they can give a different answer or choose another question.

OR

1. Using one of the sets of questions below, write the answers to all the questions on a piece of paper.
2. Fold the paper and put it in the middle.
3. Each person takes turns to pick a piece of paper and read out the answers.
4. Everyone should try to guess whose answers they are.

		What makes you happy?
		What makes you sad?
		What makes you angry?
		What makes you excited?
		What makes you scared?
		What makes you proud?



	•	What one thing do you really like about yourself?
	• •	What are you good at?
	• • •	What is the most fun thing you have ever done?
	• • •	What is your favourite place?
	• • • •	What helps you to be calm?
	• • • •	If you were a Mr Man or Little Miss character, which one would you be?

	•	If you were a superhero, what superpower would you have?
	• •	If you were an animal, what would you be?
	• • •	If you could eat only one food for the rest of your life, what would it be?
	• • •	If a genie gave you 3 wishes, what would you wish for?
	• • • •	If you could spend the day with one fictional character, who would it be?
	• • • •	If you could go anywhere in the world, where would you go?

Help, We're Running out of Toilet Paper!

You will need

- 1 toilet roll
1. Gather everyone together and tell them the terrible news that you are running out of toilet paper. To see you through the next few days until you can get to a shop, everyone needs to take what they think they will need.
 2. When everyone has taken what they need, tell them you were only joking about running out.
 3. Tell them you are going to ask them to share a story for each piece of toilet paper they have. You should join in too.
 4. Every time they share a story they put a piece of paper into the middle. They can pass if they don't want to share a particular one.
 5. Keep going until everyone has used up all of their toilet paper.

Tell a story of a time when you felt...

- | | |
|--|--|
| <ul style="list-style-type: none">• happy• sad• angry• excited• scared• proud• embarrassed• surprised• lonely• bored• calm• guilty• frustrated | <ul style="list-style-type: none">• safe• worried• disgusted• confident• confused• shy• generous• private• jealous• delighted• kind• hopeful• curious• disappointed |
|--|--|



If I was...

If you / our family was a what would you / we be?

1. Take turns to answer this question using the following list or think of some of your own.
2. You can take turns choosing for each other from the list below or cut them up and put them in a bag to be picked out at random.

Form of Transport	Animal	Video game
TV programme	Song	Restaurant
Book / TV Character	Movie	Sports Team
Magical / Mythical Creature	Band	Musical Instrument
Food	Holiday destination	Item of Clothing
Colour	Dinosaur	Superhero
School Subject	Sound	Smell



Would you rather...?

1. Everyone stands in a line facing the questioner.
2. When asked 'would you rather...?' everyone jumps to the left or right as indicated by the questioner.
3. You can allow some time for each side to persuade each other to their side before moving on.

Here are some some questions you could use; but feel free to make up your own if you prefer.

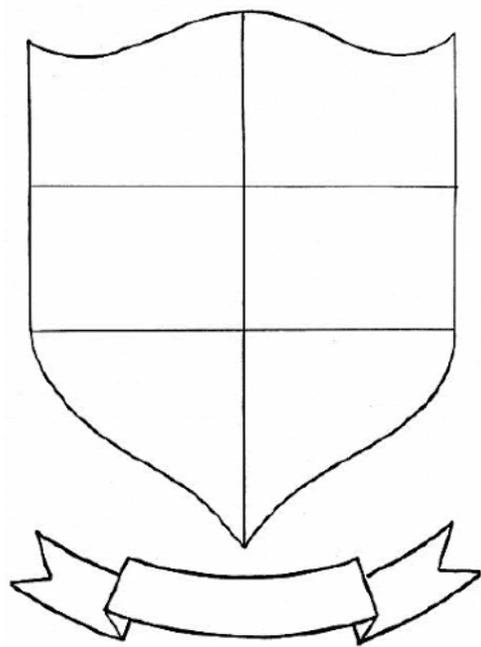
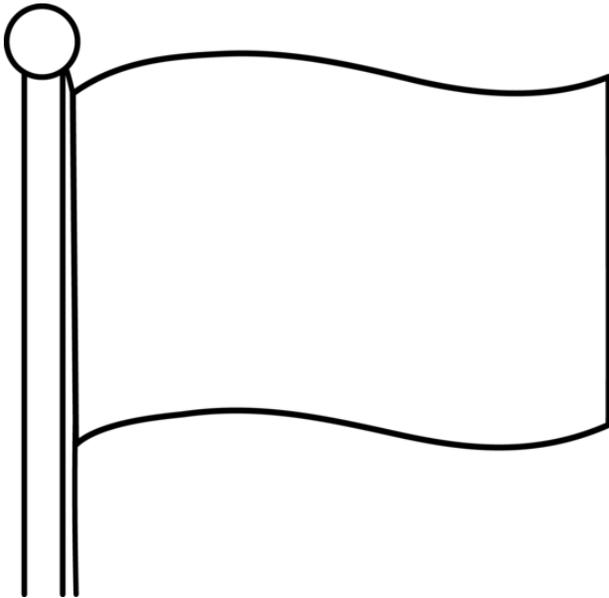
Visit the doctor or the dentist?
Eat broccoli or carrots?
Watch TV or listen to music?
Own a lizard or a snake?
Have a beach holiday or a mountain holiday?
Be an apple or a banana?
Be invisible or be able to fly?
Be hairy all over or completely bald?
Be the most popular or the smartest person you know?
Make headlines for saving somebody's life or winning a Nobel Prize?
Go without television or fast food for the rest of your life?
Be too cold or too hot?
Not hear or not see?
Eliminate hunger and disease or be able to bring lasting world peace?
Be stranded on a deserted island alone or with someone you don't like?
See the future or change the past?
Be three inches taller or three inches shorter?
Wrestle a lion or fight a shark?
Have no electricity or no running water?
Never be allowed to eat your three favourite foods or only allowed to eat your three favourite foods?
Be really rich with no real friends or have little money with lots of good friends?
Wear clown shoes every day or a clown nose every day?
Too bored or too busy?
Only have summer or winter for the rest of your life?
Live without social media or TV?



Who are you?

You will need

- Paper and coloured pens or pencils
1. Each person should draw a flag or coat of arms to represent themselves or their family. They can draw their own or use one of the templates below.
 2. Include symbols or pictures describing who they are, what's important to them or what they enjoy.
 3. Once finished put all of these face down in the middle of the table and go through them, trying to guess which one belongs to whom.



Down Time

Take plenty of breaks during the day to help everyone stay calm and happy. Cosmic Kids brain breaks, peace out and yoga are a great way to do this together <https://www.youtube.com/user/CosmicKidsYoga>

How are you Feeling?

1. Everyone sits in a circle and someone is chosen to be player 1.
2. Player 1 chooses a feeling to act out from the list given earlier.
3. The person to their left (player 2) asks 'How are you feeling?'
4. Player 1 gives a feeling that doesn't match the one they are acting out.
5. Player 2 then acts out the feeling they are told.
6. The person to their left (player 3) asks 'How are you feeling?'
7. This continues around the circle until someone makes a mistake.
8. How long can you keep this going without making a mistake?

Variations

- Have multiple starting points starting at the same time
- Play this game in pairs
- Set a time limit for each person

My Name Means...

As a group, come up with words that describe each person using the letters in their first name, e.g Lyndsay could stand for “Loud, Young, Nice, Dreamer, Strong, Adventurous, Youthful”.

If you want to be more adventurous you could come up with a silly phrase instead, e.g. Lyndsay could be “Lively Young Nurses Dance Salsa All Year”

Co-operation Games

Guide me

Set up a harmless obstacle course in your room. You could use squeaky toys, whoopie cushions, bubble wrap etc. Everyone takes turns going around the course while blindfolded, guided by someone else.

We all stand together

1. Create as big a space as you can and make sure there is something soft to land on in case you all fall.
2. Divide into pairs.
3. Ask each pair to sit on the floor with their partner, backs together, feet out in front and arms linked. Their task is to stand up together.
4. Once everyone has done this, two pairs join together and the group of four try to repeat the task
5. After they succeed, add another two and try again. Keep adding people until your whole group is trying to stand together.

The human chair

1. Create as big a space as you can and make sure there is something soft to land on in case you all fall.
2. Invite everyone to stand in a circle shoulder to shoulder.
3. Each person then turns to the right to face the back of the person in front of them.
4. Ask them to place their hands on the shoulder of the person in front.
5. On the count of three they slowly begin to sit down on the lap of the person behind. As long as everyone is helping the person in front of him or her to sit, then everyone should be supporting the weight of everyone else.