Feelings Birds

Suitable for:

* Practicing feelings vocabulary

Why is it useful?

* Our ability to talk about and understand our feelings is limited to our vocabulary for identifying and distinguishing those feelings. This is not just a matter of knowing the words, but having been used to thinking about those words.
* The feelings bird method uses the structure from Hangman, and it is therefore easily understood and recognized by most people, but avoids the theme of Hangman, which is inappropriate when applied to discussing feelings, particularly difficult ones. The theme is instead related to Angry Birds, which is another easily understood pop-culture reference.

How?

* Participants take turns being the leader/referee. The leader thinks of a feeling or state of mind that the others need to figure out.
* Do it like Hangman, but instead of drawing gallows, draw a sling-shot. Instead of drawing parts of a person, draw parts of a bird similar to what found in Angry Birds (a triangular shape, a beak, two eyes, two open triangle shapes for angry eye-brows, then add a couple line for head feathers, an open triangle for a wing, and then if needing to give them more chances to solve, add feet and/or a tail).
* If they “fail,” make funny noises as you pretend that the bird is sling-shot.
* If desired, the leader can come up with a scenario in which the character in the story feels the feeling that the participants need to identify. This is best done when it is a relatively sophisticated feeling-word (compared to their level) that they need to find.