

## How Am I Feeling?

Talk to your children about how different people were feeling in the Bible story about the loaves and fishes.

Play the How Am I Feeling? guessing game.

This emotional charades game is played like the traditional charades game, except the players act out an emotion of their choosing. Each person takes a turn acting out a feeling. Other family members guess what they are “feeling” based on what they see. Examples include mad, scared, happy, sad, angry, excited, etc.

The purpose behind this game is to help children watch out for and consider the feelings and emotions of those around them.

If you do see someone in the house who is anxious or sad, model kindness for your children. They will soon begin to pick up on how people are feeling.

