

# Feelings Tic-Tac-Toe

For younger children, learning and understanding their different emotions can take some practice. Use this Tic-Tac-Toe game sheet to help your child identify the many feelings they may experience, explain a little about what those emotions feel like in their own brain and body, and recall a time when they felt that emotion.

## How to Play:

1. Print off the game board and use it as the grid for a traditional tic-tac-toe game.
2. Give each player tokens (like two kinds of candy) to cover the spaces.
3. Take turns covering spaces on the board. The object is to cover three spaces in a straight line, whether that's vertical, horizontal, or diagonal.
4. Once a player covers three spaces in a line, they can receive one point for sharing about a time they felt the emotions covered by their winning spaces. If they can't think of a specific memory, allow them to also give examples of when someone may feel the emotion. For example, a person may feel guilty for cheating on a test at school.
5. When a player earns 5 points, they can eat a piece of their candy (or get a reward of your choice).



# Feelings Tic-Tac-Toe



SAD



HAPPY



MAD



JEALOUS



LOVED



RELIEVED



GUILTY



SCARED



NERVOUS