

## Roarry's Talk about it game

A fun board game style activity to help children talk about different emotions, how they feel, and what they can do.

**Time required:** about 20 mins

**Number of players:** 2-6

**You will need:**

- A dice
- Scissors
- Counters or playing pieces

**Set up:**

- Cut out the playing cards.
- Place all playing cards face down on the game board.
- Place all playing pieces on the Start.

**How to play:**

- Each player takes turns to roll the dice
- Move your playing piece forward by the number on the dice.
- Pick up a playing card and answer the question about the emotion on the square you are on.
- When you have finished your turn place the card back in the bottom of the pack.
- If you land on a Roarry space (a square with a lion's face) don't pick up a card, instead you must roar like a lion as loudly as you can (other players may want to cover their ears first!)
- The game ends when all players reach the finish.





What does your body feel like when you have this emotion?

Can you describe it?

Who can you talk to when you feel like this?

Is there anyone else you could talk to?

How often do you feel this?

Would it be a problem if you felt like this often?

Do you like feeling this emotion?

Can you explain why?



What animal does this emotion make you think of?

What colour would it be?

What do you do when you feel like this?

What could you do differently?

Can you remember a time you last felt this?

What did you do?

Can you think of any other words that could describe this feeling?



How do you cope when you feel this?

Is there anything you do?

What is your voice like when you feel this?

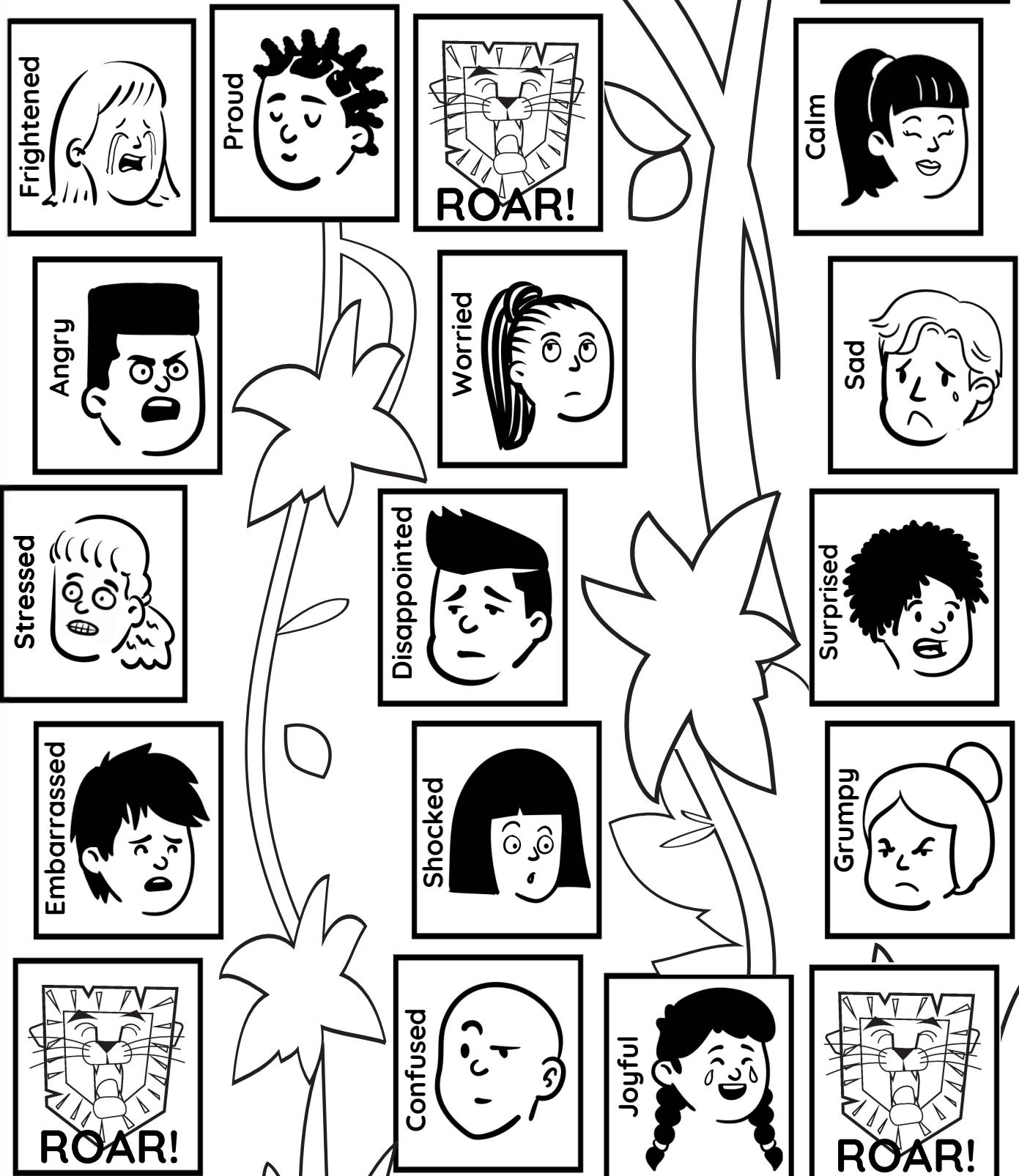
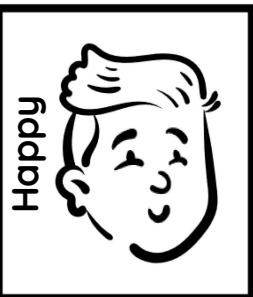
Are you loud or quiet?

If you saw a friend or family member feeling like this what would you do?

Can you think of a story in the Bible when someone was feeling like this?

PLACE  
CARDS  
HERE

START



FINISH