

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

Happy



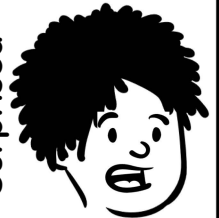
Calm



Sad



Surprised



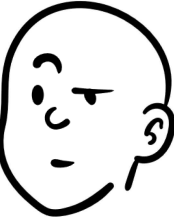
Grumpy



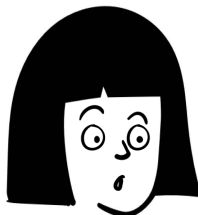
Joyful



Confused



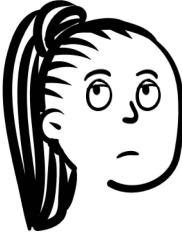
Shocked



Disappointed



Worried



Proud



ROAR!



Frightened



Angry



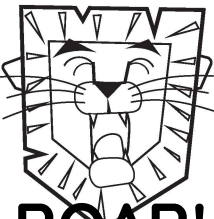
Stressed



Embarrassed



ROAR!



FINISH