



Fishing for Emotions







Game

Bolton (2009) places importance on the mirroring and reflection of feelings to ensure that emotions are not suppressed or selected based on what is socially acceptable (Cheal, 2002). This game (**Fishing for Emotions**) aims to incorporate those suggestions and encourage the child/ren's ability to accurately identify emotions within themselves and others in a social setting.

The game involves one child coming to the front of the room with the caregiver while the other child/ren are seated on the floor facing the front. The caregiver holds the Jar containing a number of pictures and words depicting differing emotions. The child is asked to place a small circle of blue tac on their finger and "fish for an emotion" which requires the child to place their hand in the jar with the pointer finger flexed outwards and the other fingers curled into a fist. The child then swirls their hand around the jar (as if the pieces of paper are fish and the finger a rod) until they "catch an emotion". The child then actions the emotion to the other children to guess what emotion the child has selected. It is ideal that every child has a turn.