

Box of Feelings



A throwing game with boxes showing different emotions as the targets



YOU NEED

- Baskets or boxes
- Feelings Cards ([Activity Sheet 1a](#)) (optional)
- Balls



TOP TIPS

- Keep the game out in everyday provision to encourage children to express how they are feeling by throwing the ball into the boxes

INSTRUCTIONS

- Collect three empty boxes or baskets and lay them on the floor.
- Cut out happy, sad and angry faces from Activity Sheet 1a, or draw faces and stick one on each box.
- Use a ball or bean bag and throw it into the angry box and then encourage the children to have a go.

“Let’s throw the ball into the sad box together.”

“Can you throw the ball into the happy box?”

- Whilst playing the game, talk about times the children have felt the different emotions and give your own examples too. If children don’t have ideas, talk about situations they might feel that emotion, e.g. when they fall and hurt themselves.
- You can choose to add more boxes with other emotions such as anger.