



DEALING WITH DIFFICULT EMOTIONS: CANDY GAMES

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As we discussed last week, getting kids to talk about their emotions plays a huge part in helping them to process those emotions and get past them and move on with their lives. And, when you can combine that process with candy, well that just creates an all-around great situation. That why we were so excited to come across the M&M emotion game at <http://radathome.blogspot.com/2013/11/m-feelings-activity.html?m=1>.

In this game, you use snack sized bags of chocolate covered candy (M&M's) in order to get kids talking about their emotions. You and the child (or every child if you are working with a group) starts with one fun-sized bag of candy. On your turn, you pull one candy out of the bag and share an emotion/experience based on that color. Only after sharing do you actually get to eat the candy.

In this version of the game, you had to do one of the following depending on which candy you pulled out of the bag:

- Red: Share something the makes you Happy
- Brown: Share something that makes you Sad
- Green: Share something that makes you Angry
- Yellow: Share something that makes you Excited
- Blue: Share one poor choice you've made today and what you could have done different
- Orange: Share one good choice you made today


The m&m's Feeling Game

For every  say one thing that makes you happy.

For every  say one thing that makes you sad.

For every  say one thing that makes you angry.

For every  say one thing that makes you excited.

For every  say one poor choice you made today and what you could have done different.

For every  say good choice you made today.

And, the nice thing about this game is that you can change what needs to be shared depending on the circumstances. At the end of this article, I've share some templates we created using M&Ms and Skittles. Each template includes the sharing as described above as well as a "fill in the blank" template you can use however you need.



THE M&M GAME

THE  FEELINGS GAME	
FOR EVERY	SHARE
Red 	<i>One thing that makes you HAPPY.</i>
Brown 	<i>One thing that makes you SAD.</i>
Green 	<i>One thing that makes you ANGRY.</i>
Yellow 	<i>One thing that makes you EXCITED.</i>
Blue 	<i>One POOR CHOICE you made today and what you could have done differently.</i>
Orange 	<i>One GOOD CHOICE you made today.</i>

Original Source: <http://radathome.blogspot.com/2013/11/m-feelings-activity.html?m=1>





THE SKITTLES GAME


THE  FEELINGS GAME	
FOR EVERY	SHARE
Red 	<i>One thing that makes you HAPPY.</i>
Orange 	<i>One thing that makes you SAD.</i>
Green 	<i>One thing that makes you ANGRY.</i>
Yellow 	<i>One thing that makes you EXCITED.</i>
Purple 	<i>One thing that makes you AFRAID.</i>

Inspired by: <http://radathome.blogspot.com/2013/11/m-feelings-activity.html?m=1>





THE M&M GAME

THE m&m^s FEELINGS GAME	
FOR EVERY	SHARE
Red 	_____ _____.
Brown 	_____ _____.
Green 	_____ _____.
Yellow 	_____ _____.
Blue 	_____ _____.
Orange 	_____ _____.

Original Source: <http://radathome.blogspot.com/2013/11/m-feelings-activity.html?m=1>





THE SKITTLES GAME

THE  FEELINGS GAME	
<i>FOR EVERY</i>	<i>SHARE</i>
Red 	<hr/> <hr/>
Orange 	<hr/> <hr/>
Green 	<hr/> <hr/>
Yellow 	<hr/> <hr/>
Purple 	<hr/> <hr/>

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