



DINNER GAMES

GUESS THAT EMOTION

This is a good game to help children learn to identify feelings. Have one person leave the table for a minute. Once she leaves, the rest of the family decides on an emotion (or you can pick out of a hat).

Some examples include:

- Happy
- Angry
- Sad
- Mad
- Excited
- Nervous

When the missing family member returns to the table, the rest of the family eats and acts with that feeling in mind. For example, if the emotion is “worry,” someone might say “I have so much homework tonight I’m never going to get to sleep.” Or you can make it a bit more challenging for older kids by allowing only body language and facial expression to convey emotion, or even just facial expression alone.

