

Fun Friday - Barton Lab



FEELINGS UNO



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HOW TO PLAY

1

Assign feelings to each color of the deck of cards!

Examples:

Blue= Tired, Sad, Frustrated

Green= Sick, Nervous, Worried

Red= Angry, Mad, Upset

Yellow= Happy, Focused, Interested

These can be specific to what the child knows or specific emotions you'd like the child to practice working with!

2

Play Uno by the official rules that come with the deck!

3

Each time a specific color is laid down, have the child either: (a) describe a listed emotion word for that color, (b) choose an emotion word and share a story about when you felt that way, or (c) discuss when/why someone may feel that emotion.

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BENEFITS

Familiarizes children
with emotion
vocabulary

Practices applying
emotions to real life
examples



Normalizes emotion
talk for children



Fun Friday

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What emotions did you use?

What new emotions did your child learn?

What emotions were difficult to use?

