

20164 Toss N Talk About Emotions Ball for Kids

Activity Suggestions

Overview:

There are many ways that this ball can be used, and a few suggestions are offered below. The purpose of the ball is to help anyone, especially children, learn about different emotions and offer them a way that might help them express the emotions they are currently experiencing, emotions they have trouble expressing or any past experiences that might have been emotionally challenging for them. Understanding and communicating emotions and feelings is important for everyone's mental wellbeing.

Activity Suggestions:

Group Settings with children and adult leader – The class Toss N Talk about method is for one person to gently toss the ball to another person. The person catching the ball looks to where their right thumb landed on the ball and identifies the object nearest their right thumb. In this case it would be either a word that falls within an emotional category, the category word itself or the emoji graphic that represents the category. For example, their thumb might land on the word "Pressured" in the "ANXIOUS" category, the actual word "ANXIOUS", or the Anxious emoji icon. The leader could ask the person several questions to the child that caught the ball. Questions could include asking them if they know what a particular word means, "Do you know what pressured means and can you explain it to the group?" They could ask if everyone in the group agrees with the definition provided. Lastly, they could ask the child that caught the ball if they can think of a time they felt "pressured" or if not pressured then "anxious". If a child seems hesitant to share their own experience, they could ask them to describe a situation where a kid might feel pressured. After the first emotion has been discussed the ball would be tossed to a different child and the process repeated until all children have caught the ball once.

One Child and One Adult – Here the ball can be used as an aid to help a child talk about how they currently feel or feelings they have experienced in their past. The adult can ask the child to point to the word or emoji that best represents how they currently feel. If they point to an emoji the different words on that panel can be read and the meanings of the different words can be discussed after which the child can try to select the word within the category that is closest to their current emotional state. When more time is available and a more in-depth discussion on emotions is desired, the child can be asked to identify each emotion on the ball and describe a time when they may have felt that emotion.