

Feelings Cube

Type: _____ Introductory ___X___ Working _____ Closing _____ Game

Optimum Group Size: 5 - 30

Materials Needed:

Use a square box (cube) and decorate it however you wish with one "feeling" word on each side. These can all be happy feelings, all sad feelings, or a mix. For example, for sad: guilt, anger, jealousy, sadness, rejection, loneliness. For example, for happy: peaceful, proud, glad, enthused, satisfied.

Outline of Activity:

One person tosses the cube into the center of the group. Whatever "feeling" word is facing up, the person talks about the last time he/she felt that way. Then he/she tosses the cube to someone else. Proceed in the same way until everyone has had a chance to participate. Group members may comment or ask questions of each other during this activity.

Goal:

Group members practice at being able to express feelings (may want to briefly point out the difference between thought and feelings). Promotes closeness and sharing in the group.

How to Process:

Was it difficult to talk about feelings? Why or why not?
Why do we find it difficult to talk about how we feel?
Is it okay to feel different feelings?
How can we express our feelings in healthy ways?
What have you learned about yourself? About others?

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