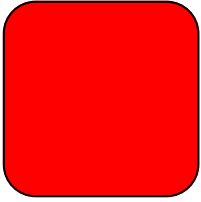


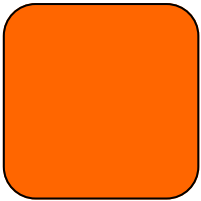
Feelings Candy Land

Created by Tasha Milligan, MA LPC, Pathways to Peace Counseling



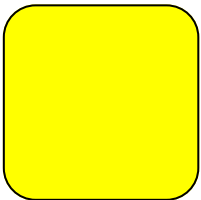
Red - Anger

Tell about at time you felt angry.



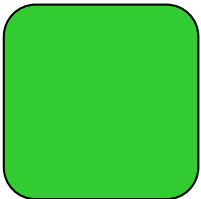
Orange - Embarrassed

Tell about at time you felt embarrassed.



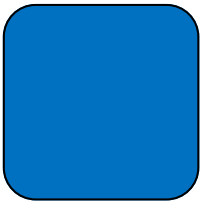
Yellow - Happy

Tell about at time you felt happy.



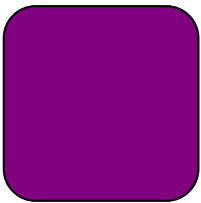
Green - Anxious / Scared

Tell about at time you felt anxious.



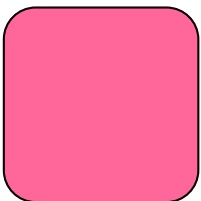
Blue - Sad

Tell about at time you felt sad.



Purple - Loved

Tell about at time you felt loved.



Pink - Special Day

Tell about a special day that you have experienced.

Feelings Candy Land

Instructions

Feelings Candy Land is one of my go to games for counseling. It works very well with young children (4-5 years old) and is even requested by some of the middle school children that I see. It is very versatile and easy for children to learn. This is how I use it, but feel free to tweak things and make it your own!

I use Feelings Candy Land for several different reasons:

1. To help children identify feelings words and how to attach them to experiences.
2. To help children process feelings in a non-threatening format.
3. To establish rapport. I think that it helps children normalize feelings when they realize that their therapist has feelings, too.

Beginning of session: I generally begin the session with a check in of how things have been going for the past week. We talk about new problems or how they have made progress.

Introducing the game: I begin by asking the child if they are familiar with the Candy Land game. If not, I explain the rules. I tell them that since they are in counseling, we will discuss feelings as part of the game. I lay the paper with prompts of the table so that they can easily see which feeling correlates with each color.

Playing the game: I usually let the client go first. If a the client begins discussing a situation which triggers emotion, we will put the game on hold to process feelings. Often times I also have to process feelings of frustration or sadness with the child if they do not win.

Closing the Session: It is always important to resolve emotions before closing out the session. I will generally encourage the child on their willingness to discuss their feelings and take time to talk with them about how they feel after the game. Does it feel better to get those feelings out? Was it scary to talk about your feelings? What did you learn about your feelings?

Switch It Up: Sometimes I will switch up the questions to take the monotony out of the game, especially with a child who clams up. Instead of when did you experience these feelings, you could ask things like “What would make a person feel _____”, or “Do you know someone who felt _____?”