

Children's Connection Curriculum

Session Topic: Misc. (Feelings Tic-Tac Toe)

Developmental Level: Elementary and Middle School

Purpose: To be used as a way to express different emotions through tic-tac toe.

Materials Needed: Tic Tac Toe game located in Activities box or print off enough of handout for each student, pens/markers or buttons

Description of Session: Have each person place their mark on a space, they must make a sentence about the feeling in that space. For example, "I feel happy when I play with my friends" or "When I am sad, I like to get a hug from my mom." Counselors should use self-disclosure to help normalize and model sharing about feelings. If the child does not wish to share about themselves, they can make sentences about others, such as "Some kids feel sad when they get a bad grade." Never force a child to share about themselves if they do not want to. If a child has a lot of trouble sharing about their own feelings, you can also assign each feeling face a name. This allows a little more separation and safety as the child can make the sentence about someone else: "John feels mad when his sister takes his toys."

Discussion Questions: Talk about anytime the children have had similar feeling or experiences and the similarities or differences in how each student handle that situation.

Reference: Children's Connections Counselor