



## pick a poFF game

The Pick a poFF Game is another fun, effective and interactive tool to get you started teaching emotional literacy in the classroom or at home.

### how to play:

#### 1st

Put all poFFs in their special poFFs' Pocket.

#### 2nd

Tell kids you want to play a fun game with them that only has 4 simple rules.

#### 3rd

Choose a child who wants to go first picking a poFF out of the poFFs' Pocket.

#### rule 1

You must pick a poFF without peeking!

#### rule 2

When you pick a poFF from it's poFFs' Pocket, tell everyone out loud: 1-what color it is, 2-what the name of it is, 3-whether or not have you had it before.

#### rule 3

Tell everyone out loud what you usually do when this feeling comes.

#### rule 4

If a child shares a behavior that is positive, say: "great job, you know exactly how to deal with this feeling," and have them "give" the feeling poFF to PoFFer (put it in his Pocket).

If the child shares a behavior that is not working out so well for them, have them "give" it to PoFFer (put it in his Pocket) and say: "PoFFer can give you new ways to deal with this feeling."

The best way to teach children how to deal with the way they feel is with a fun game!



Lead by example first.

Pick one poFF out without looking.

Say: "My poFF is brown. It is the bored poFF."

When bored comes

I usually whine and complain that there is nothing to do.



Be sure to thank the children afterwards for their participation.



[www.pocketfulloffeelings.com](http://www.pocketfulloffeelings.com)    

brought to you by: Ann Corwin, Ph.D., M.Ed. & Karin Lombardo, M.A. • e-mail: [info@pocketfulloffeelings.com](mailto:info@pocketfulloffeelings.com) • phone: 949-643-9978