

Name that Feeling

This activity encourages pupils to identify and express their feelings.

Equipment:

Table
Cloth
Scrabble letters
Feelings Cards (search for 'Feelings Blob Cards' on Amazon – the green-bordered cards)

This prayer activity was created by Laura Wild, chaplain at St Hild's Academy in Hartlepool

Instructions:

Feelings are strange things. Sometimes it's hard to identify how we feel, and even harder to understand *why* we feel the way we feel.

However, learning to identify and express how (and why) we feel is an important part of being fully human, and it also helps us to connect and communicate with others. Many believe that it helps people to pray too.

In the Bible, one of the things that Jesus says about prayer is that it's best to be "simple and honest." (Matthew ch.6, The Message version)

This activity offers pupils a simple way to identify and express – to be honest about – how they feel. Pupils are invited to choose one or more of the 'Feeling Blob Cards' that they relate to, and then use the Scrabble letters to try and express it in a word/s.

If they want to, pupils can use this activity as a way to talk with God about how they feel.



Prayer Spaces
in Schools

Find more like this at www.prayerspacesinschools.com

This resource is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International licence. See the copyright policy on the Prayer Spaces in Schools website for more details.



Below is an example of the instructions you could use for this activity. Please feel free to copy these and adapt as you wish. If your prayer space has a name you might wish to add your own logo.

Name that Feeling

Feelings are strange things. We can feel happy and sad, angry, lonely, confused and afraid... all in one day!

How do you feel right now?

Do you know *why* you feel the way you feel?

Have a look at the Feelings Blob Cards.

Which one (or two) shows how you feel right now?

If you want you, can use the Scrabble letters to add a word or two describing what the picture means to you.

You can also use this to tell God how you're feeling too.