

# Rules of the Game

## How does it feel?

### Setting Up

1. Choose a Game card with the child.

- If the child is only just beginning to name emotions, choose one of the Game cards with characters. Game cards with child characters are easier than those with adult characters.
- For children capable of explaining why a certain character might feel a particular emotion in a given situation, the Game cards that display the causes of emotions make a good choice.

2. Insert a Game card in the Game Card Frame.

3. Take the four Emotion cards for the same character.

- When selecting a Game card with a character for a child who is still just beginning to matching identical items, be sure to choose the four Emotion cards that show the same character as the one on the board.
- When selecting a Game card with a character for a child who is already capable of matching identical items, you can choose four Emotion cards that show different characters than the one on the Game card. Playing this way teaches the child to associate a given emotion displayed by different characters (e.g., the sad boy with the sad grandfather).
- When a Game card showing the causes of emotions is selected, be sure to select the four cards that show the same child character (the causes represent situations likely to elicit certain emotions in children, not in adults).

4. Spread the cards face-up on the table near the Game Card Frame.



### Playing the Game

1. Begin by asking the child to choose an Emotion card.

2. Have the child place the Emotion card in the correct slot in the Game Card Frame while naming the emotion represented. (Whether they use complete sentences—"Sad!" or "The boy is sad."—will depend on the child's level of language.) When playing with a Game card showing causes (not emotions), ask the child to be more specific (e.g., "The boy is mad because his father doesn't want to go to the park."). Help the child if they have difficulty answering (see "Helping children recognize emotions and their causes during game-play" in the Instructional Guide).

3. Take your turn by drawing an Emotion card, placing it in the correct slot on the Game Card Frame and naming the emotion depicted or asking the child to do it for you. When you are playing with Game cards showing causes, remember to name both the emotion *and* the cause of the emotion.

4. The game continues in this way until all four Emotion cards have been correctly placed in the Game Card Frame.

5. The game ends when all players have completed one or more Game Card Frames or appear to lose interest in the activity.

