

IRIS

LET'S TALK FEELINGS IMPACT REPORT

AUGUST 2021



Background

Let's Talk Feelings is a cooperative board game for children, aged 4-6, and caregivers trying to cope with pandemic-related stressors in their lives.

Objective

Using a "day in the life" story approach, children journey through a typical day being exposed to different scenarios that may occur. Scenarios are designed to help both parents and children explore a variety of stressors that children may experience, with the objective that children can assess and apply different coping strategies.

100 Copies

printed copies of game distributed amongst Children's Resources on Wheels and EarlyOn Child and Family Centres in Lanark County

100%

of respondents found game's relatable scenarios and conversation starters effective in prompting discussions around their children's feelings

85%

of users felt it was important to understand their child's feelings during the pandemic

70%

of respondents felt more comfortable discussing stressors coping strategies with their children after playing the game

100%

of project completed within designated timeline and on budget

Testimonials

“ I loved the concept and I loved hearing the kids share their thoughts and feelings, now that we have the rules down pat, we are going to play again! ”

“ My two boys both described feeling angry from almost every scenario whereas I would have expected them to say sad, worried etc. It made me realize that perhaps anger which I may witness is the go to reaction for a great variety of stressors for both of them. ”