



The creative games that draw out emotions

Emotional development is key to social wellbeing and academic success. Parents, teachers, therapists and many more, can support this through the child-led activities within Facing Feelings.

Facing Feelings encourages participants to explore their emotions, in a fun and creative way, as they grow and develop. First using the pens enclosed, players draw their own set of cards. Using these drawings as a starting point, the guide in each pack offers 6 ways to play with the uniquely designed cards to explore feelings through games, improvisation and conversation.

All activities can be adapted to use individually or in a group. As with all games, a range of feelings may emerge e.g. frustration, joy etc. These can be brought into discussion while playing the games, enabling participants to pay attention to one another's emotional world. This aims to encourage that all feelings are equally important - however difficult.

Emotional expression is key to a healthy life...

Facing Feelings helps to 'draw' feelings out, whilst having fun!



Price list 2019

Pack Quantities	Price Per Pack*
1-2	£8.50
3-5	£8.25
6-10	£8.00
11-50	£7.50
51-100	£7.25
100+	£7.00
*Postage will vary dependent on quantity ordered	

2-6 Players / Age 5+

www.facingfeelings.co.uk

© Facing Feelings 2019