

# FEELINGS DETECTIVE™ Rules

## Introduction

**Feelings Detective™** is a game that helps players understand their own feelings and the feelings of others by helping them to link specific situations and thoughts with specific feelings.

## Starting the Game

Put out the Playing Sheet and the two decks of cards. Select a dealer who will put the cards on the Playing Sheet. The dealer plays like the rest of the players. The dealer shuffles the **Feeling Cards** and puts one **Feeling Card** on each Feeling space on the Playing Sheet with "Feeling" facing up. The dealer then shuffles the **Feeling Talk Cards** and puts a **Feeling Talk Card** on each Feeling Talk space on the Playing Sheet with "Feeling Talk" facing up. All the cards should be used up.

The player to the left of the dealer goes first. After the first person goes, play continues to the left. The first player turns over one **Feeling Card** and places it face up on the same space. The same player then turns over one **Feeling Talk Card** and places it face up on the same space. The player then reads both cards aloud. If they match, the player keeps the two matching cards. If they do not match, the player turns over the cards, and all the players try to remember where these cards are on the Playing Sheet. Cards that match will always have the name of the same feeling on each card.

The player to the left of the first player turns over one **Feeling Card** and one **Feeling Talk Card**. The player tries to get a match. The player reads both cards aloud, keeping cards that match or turning over the cards that do not match. Play continues until time is up or all the cards are used up. As the matched cards are removed, there will be fewer cards left on the Playing Sheet. This makes it easier to match as the game continues.

When all the cards have been taken by players as matches, the adult will provide another set of cards if there is still more time to play. The player with the most cards at the end of the game is the winner.

# FEELINGS DETECTIVE™ Rules (Version B)

## Introduction

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## Starting the Game

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The player to the left of the dealer goes first. After the first person goes, play continues to the left. The first player turns over one **Feeling Card** and places it face up in the same space. The same player then turns over one **Feeling Talk Card** and places it face up on the same space. The player then reads both cards aloud. If they match, the player keeps the two matching cards. If they do not match, the player turns over the cards, and all the players try to remember where these cards are on the Playing Sheet. Cards that match will always have the name of the same feeling on each card. Before turning the cards back over or taking them if they match, the player has the choice of picking a **Bonus Card**, which asks a question about the **Feeling Talk Card**. A player who answers the question on the **Bonus Card** keeps the **Bonus Card**.

The player to the left of the first player turns over one **Feeling Card** and one **Feeling Talk Card**. The player tries to get a match. The player reads both cards aloud, keeping cards that match or turning over the cards that do not match. Before turning the cards back over or taking them if they match, the player has the choice of picking a **Bonus Card**, which asks a question about the **Feeling Talk Card**. If the player answers the question on the **Bonus Card**, the player keeps the **Bonus Card**. Play continues until time is up or all the cards are used up. As the matched cards are removed, there will be fewer cards left on the Playing Sheet. This makes it easier to match as the game continues.

When all the cards have been taken by players as matches, the adult will provide another set of cards if there is still more time to play. The player with the most cards at the end of the game is the winner.

# FEELINGS DETECTIVE™ Facilitator Guide

**Feelings Detective™** helps all children understand their own feelings as well as the feelings of others. It is especially helpful for children who tend to misread social cues, including those who have been diagnosed with Asperger's syndrome or autism spectrum. Specific examples help players to link specific situations and thoughts with specific feelings. Feelings are the most basic building blocks of social skills. Without the ability to recognize feelings in themselves and others, children are not able to master social interactions.

Although some children are naturally better than others at recognizing feelings, all children can improve their skills in these areas.

## Game Parts: What's in the Box?

• Two decks of Feeling Cards, two decks of Feeling Talk Cards, and one deck of Bonus Cards • Two Rules Sheets • Two Playing Sheets • Facilitator Guidelines

## Cards

The **Feeling Cards** have only one feeling word on each, such as happy or frustrated. Players try to match these cards with the **Feeling Talk Cards**, which have examples of cognitive talk that reflect that feeling. (Note that the Feeling Cards come collated with the Feeling Talk Cards in the box.)

The **Bonus Cards** ask the players to comment on the examples in the Feeling Talk Cards. A Bonus Card may ask a player to describe what may happen next if the person puts that particular feeling into action or to give an example of a time when the player had that feeling. The use of the Bonus Cards is optional. However, if these cards are appropriate for the players, they add a new dimension to the game. In addition to recognizing the feelings, the Bonus Cards encourage the players to link the Feeling Talk example with their own thoughts and experiences.

## Two Sets of Cards

There are two decks of Feeling Cards and two decks of Feeling Talk Cards. The red and blue cards are for younger players, generally grades 1 to 3, and the orange and purple cards are for older players, generally grades 4 to 6.

## Two Rules Sheets

There are two sets of rules. One (version B) includes the use of the Bonus Cards and the other does not.

## Two Playing Sheets

In the game box you will find two Playing Sheets, one color coded for younger players and one color coded for older players. Each Playing Sheet shows positions for 12 cards (6 Feeling Cards and 6 Feeling Talk Cards). By folding the bottom third of the Playing Sheet underneath, you can play with 8 cards instead of 12 cards.

## How the Game Works

A player who is the dealer puts out either 8 or 12 cards on a Playing Sheet. The first player turns over a Feeling Card and then a Feeling Talk Card, reading each one aloud as it is turned over. If the cards match, the player keeps the pair face down on the table. If they don't match, the cards are turned over, and the next player turns over two cards and tries to find a match. If Bonus Cards are being used, the player who achieves a match can pick a Bonus Card and keep it after answering the question. The winner is the player with the most cards.

## Levels of Play

**Feelings Detective** is appropriate for students in grades 1–6. The game has four levels of play (described below) so that you can tailor the challenge for each group of players.

1. Using the Bonus Cards makes the game more challenging.
2. Using the full Playing Sheet (12 cards) is more challenging than folding under a third of the sheet and using 8 cards.
3. Using the cards designed for older players provides a greater challenge.
4. As the game continues and matched pairs are removed, it becomes easier for the players to match additional pairs out of the remaining cards. To make the game more challenging, the dealer can replace the cards that are removed as matched pairs. If the cards are replaced after every pair is removed, the

players will likely figure out that the two new cards are a matched pair. For this reason we recommend replacing 4 cards (2 pairs) at a time when using the 8-card Playing Sheet and 6 cards (3 pairs) at a time when using the 12-card Playing Sheet.

### **Optional Introductory Session**

Decide if you would like to use your first session to introduce the Feeling and Feeling Talk Cards for instructional purposes rather than playing the game. This approach offers an opportunity for players to discuss different feelings and explore how the examples relate to themselves. It can also heighten their curiosity about the game for the next time you meet. Students who are concrete learners may benefit from an introductory exercise.

### **Before the Game Starts**

Reserve a few minutes to prepare the game parts before the game begins:

1. Decide which decks of cards you will use: red and blue (for younger children) or orange and purple (for older children).
2. Decide whether you will use the Playing Sheet configured as 12 cards (entire sheet) or 8 cards (with one third of the sheet folded under).
3. Select either 4 or 6 matching pairs of cards. It is important that all the cards used in each game form matching pairs. Put out only the cards that will be used. There are three or four Feeling Talk Cards that relate to each Feeling Card. The cards are easy to pair because the name of the feeling is on both types of cards.

When you open the game box, you will find the Feeling and Feeling Talk Cards already collated. After the game, the cards should also be in pairs. They can be put at the bottom of the deck so that if the same players play again, other cards will be used.

If you are playing with replacing removed pairs, prepare packs of 2 or 3 pairs for the dealer to use when needed.

4. Decide whether you will use the Bonus Cards.

5. Read and hand out the appropriate rules and cards, including the Bonus Cards if you plan to use them. The rules sheet that incorporates the Bonus Cards is **Version B**.

### **Learning Objectives**

Players will:

1. better understand their own feelings and the feelings of others;
2. better understand the specific situations that trigger their own feelings and the feelings of others;
3. better understand the relationship between comfortable and uncomfortable feelings and the appropriate and inappropriate social connections that take place as a result;
4. improve their skills in regulating their feelings as a way to reach their personal and social goals; and,
5. improve their level of comfort in a variety of social situations.

### **Questions for Discussion**

1. Why is it important to understand feelings?
2. Which feeling word do you use the most? Is it a positive or negative feeling?
3. Did you learn any new feeling words while playing the game? Can you use one in a sentence?
4. Pick a feeling and make up a "feeling talk" that matches the feeling.
5. Some feeling words are similar to others, but have slightly different meanings. What is the difference between angry and furious?
6. Can you think of two other feeling words that are similar, but have somewhat different meanings? Describe how the two feeling words are different.

### **Development**

**Feelings Detective™** was developed by Andrea Chorney, MS, a school counselor at Highland Elementary School in Cheshire, Connecticut; and Franklin Rubenstein, Ph.D., and Paul Clark, artist, both of Franklin Learning Systems.