

THE FEELINGS GAME

Directions: Close your eyes and pick an M&M. Then, answer the question or respond to the statement next to the candy that you picked.



When is the last time you were really angry?



Describe a time when you felt very sad.



Describe a time when you were really excited.



When was the last time you felt jealous?



Describe a time when you were afraid.



Describe a time when you were proud.

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Directions: Write in questions about feelings in the boxes. Close your eyes and pick an M&M. Then, answer the question or respond to the statement next to the candy that you picked.

