

# Feelings Ring Toss

Source: Pam Dyson

**Theme:** Feelings Expression

**Recommended Age Range:** Three and up

**Treatment Modality:** Individual, Group, Family

## Goals

- Increase feelings vocabulary
- Increase the ability to identify and express four feelings

## Materials

- 4 plastic bottles (soda bottles are preferred as water bottles are often made from recycled plastic and not as durable)
- Rice, sand or beans
- Clear packaging tape (wide enough to cover feeling faces)
- 2 each of 4 different feeling faces (included)
- 4 rings (made from 2 yards of clear tubing or 4 paper plates)
- Glue gun and glue sticks
- Colored paper
- Markers or crayons
- Scissors

## Advance Preparation

Rinse and dry bottles and remove labels. You may need to apply a degreasing product to completely remove adhesive. Use a funnel to pour rice, sand or beans into the bottles adding just enough to weight the bottoms so they won't tip. Use a glue gun to put a rim of glue onto the neck of the bottle before fastening on the lid. (This keeps curious little ones from emptying the contents).

The feeling faces (Happy, Sad, Mad and Scared) can be copied onto colored paper or colored with markers or crayons. Use a scissors to cut them out or use a craft punch if available. Add two feeling faces to each bottle and cover them with clear packaging tape to secure.

The rings can be made from clear piping purchased from a hardware store. Cut the piping into 18 inch lengths and connect the ends with clear packaging tape. Paper plates with the center cut out could also serve as rings.

## Description

Game is played by setting the bottles in an open area and placing a length of tape several feet away. While standing on the taped line the client takes the four rings, one at a time, and tries to toss them around the bottles. When the client gets a ring around a bottle he or she calls out the name of the feeling face on that bottle. That feeling is then processed and discussed. For example, the therapist

can say, “Share a time when you had that feeling,” “What would make a kid feel scared?” “Show me what your face looks like when you’re feeling mad.”

## **Discussion**

Identifying and discussing feelings can be difficult for some children. This game is a fun and non-threatening way for therapists to engage a child who may be resistant to discussing emotions.

If the therapist observes a child avoiding ringing a specific bottle explore whether or not that feeling might be disturbing to the client.

Tailor this game to fit specific presenting problems. For example, “What is something that makes you sad about your parents getting a divorce?”

This game can be used in group or family therapy with players taking turns identifying the feeling faces on the bottles.

### **Contact Information for Contributor Page**

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