

Floating Feelings

Source: Pam Dyson

Theme: Feelings Expression

Recommended Age Range: Three and Up

Treatment Modality: Individual, Group, Family

Goals

- Encourage development of a feelings vocabulary
- Increase ability to identify and express feelings

Materials

- Ping pong balls
- Permanent markers
- Small fish net
- Small tub for water
- Egg carton

Advanced Preparation

Using permanent markers, draw feeling faces onto the ping pong balls.

Description

Begin by having the client place the ping pong balls into a small tub of water. Hand them the net and ask them to scoop up one of the balls and identify the feeling on that ball. Ask the client to share a time when he or she experienced that same feeling. The ball is placed into the empty egg carton and the child scoops up another one. The game continues until all the balls have been scooped from the tub of water.

Discussion

Young children are sometimes reluctant to respond to questions about feelings. Rephrasing the question can sometimes elicit a response. Instead of asking, "What makes you feel sad?" ask, "What would make a child feel sad?"

Older children may enjoy the challenge of picking up the ping pong balls with tongs instead of a fish net.

A variation of this activity would be to draw jack-o-lantern faces onto orange ping pong balls for Halloween.

The egg carton serves as a storage container for the ping pong balls.