

# FACE IT!

## GAME

At Me and My Big Move we love to design worksheets and fun games to help empower children for life changing events by exploring, playing and having fun.

Here is our monthly printable for you: **the "FACE IT" game**. With this game kids can learn all about the different type of expressions of emotions. And as a parent, it is a tool to start the conversation about feelings and emotions. This game is designed together with experts for the entire family to enjoy. It is one of the many fun games to help children learn more about feelings and emotions.

We challenge you to play this game together!

Enjoy!

Marloes and Lonneke

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How to play? Play this game with your friends and family members. Make sure you can see and hear each other very well. Follow these steps:

- 1** Close your eyes and point with one finger to one of the emotions on the page. Open your eyes to see which one you picked. Don't show the others!
- 2** Stand up and EXPRESS this emotion. Try to use all parts of your body.  
For example: you picked angry.  
What does angry look like? What do you do when you are angry?
- 3** The other person tries to guess which emotion you are expressing.
- 4** Were you able to guess them all correctly? Which was hardest to express? Which was easiest?

