



Fishing for Feelings

Objective: Participants will recognize, name, and talk about feelings.

Preparation

- ✓ Print and cut out the feelings fish, and attach a paper clip to the mouth of each fish.
- ✓ Make a fishing rod out of a stick, a string and a magnet. You can also use a real fishing rod and replace the hook with a magnet. If you don't have a magnet, bend another paper clip into a hook, and stand by to help attach the feelings fish to the hook.
- ✓ Choose Feelings Fish that are appropriate for your age group and place them in a large box.

Facilitation

- Participants take turns “casting” the fishing line into the box in order to catch a feeling fish with their magnetic hook.
- Once the participant reels in a feeling fish, they can act out that feeling *without using any words or sounds*. The other participants must guess what the feeling is. They may not ask questions. The first one to guess correctly gets to go up next.
- Point out that in this game, you can tell how someone else is feeling just by watching them.
- Invite the participants to tell the group about a time when they felt this emotion.



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À la pêche des émotions

Objectif: Les participants reconnaîtront, nommeront, et discuteront des émotions.

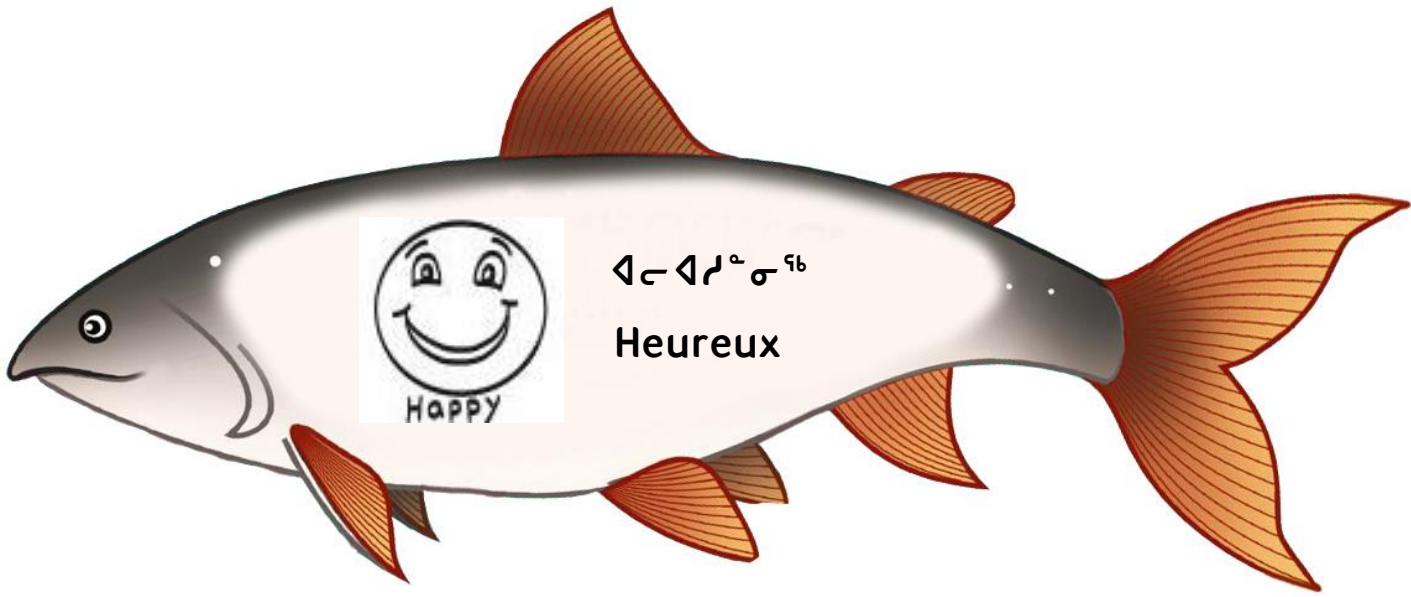
Préparation

- ✓ Imprimer et découper les poissons, puis attacher un trombone à la bouche de chaque poisson.
- ✓ Fabriquer une canne à pêche avec un bâton, un fil, et un aimant. Vous pouvez aussi utiliser une vraie canne à pêche, et remplacer l'hameçon par un aimant. Si vous n'avez pas d'aimant, utiliser un trombone légèrement déplié comme hameçon, et restez à côté pour aider à accrocher les poissons.
- ✓ Choisir les poissons qui conviennent au groupe d'âge, et placez-les dans une grande boîte.

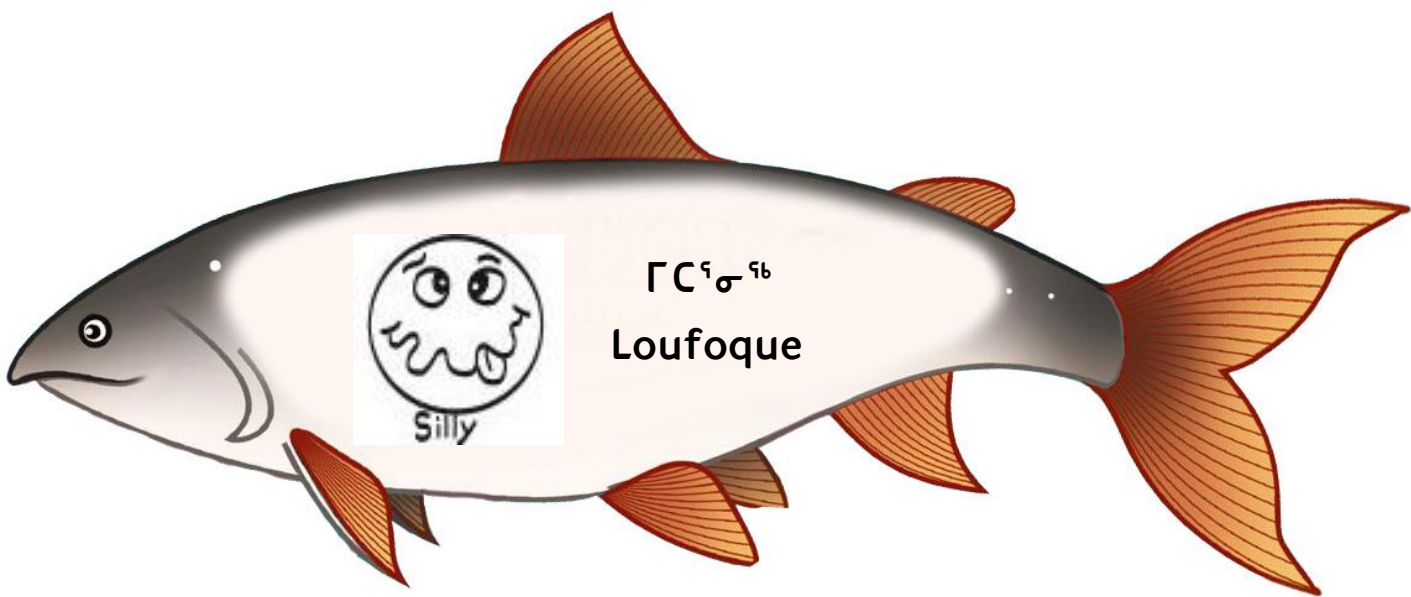
Animation

- À tour de rôle, les participants "lancent" la ligne dans la boîte pour accrocher un poisson avec leur hameçon aimanté.
- Une fois un poisson attrapé, le participant mime l'émotion *sans utiliser de mot, ni de son*. Les autres participants doivent deviner l'émotion. Ils ne peuvent pas poser de question. Le premier participant à deviner correctement part ensuite à la pêche.
- Mentionner que, dans ce jeu, on peut deviner comment quelqu'un se sent uniquement en observant.
- Inviter les participants à raconter un moment où ils ont ressenti cette émotion par le passé.

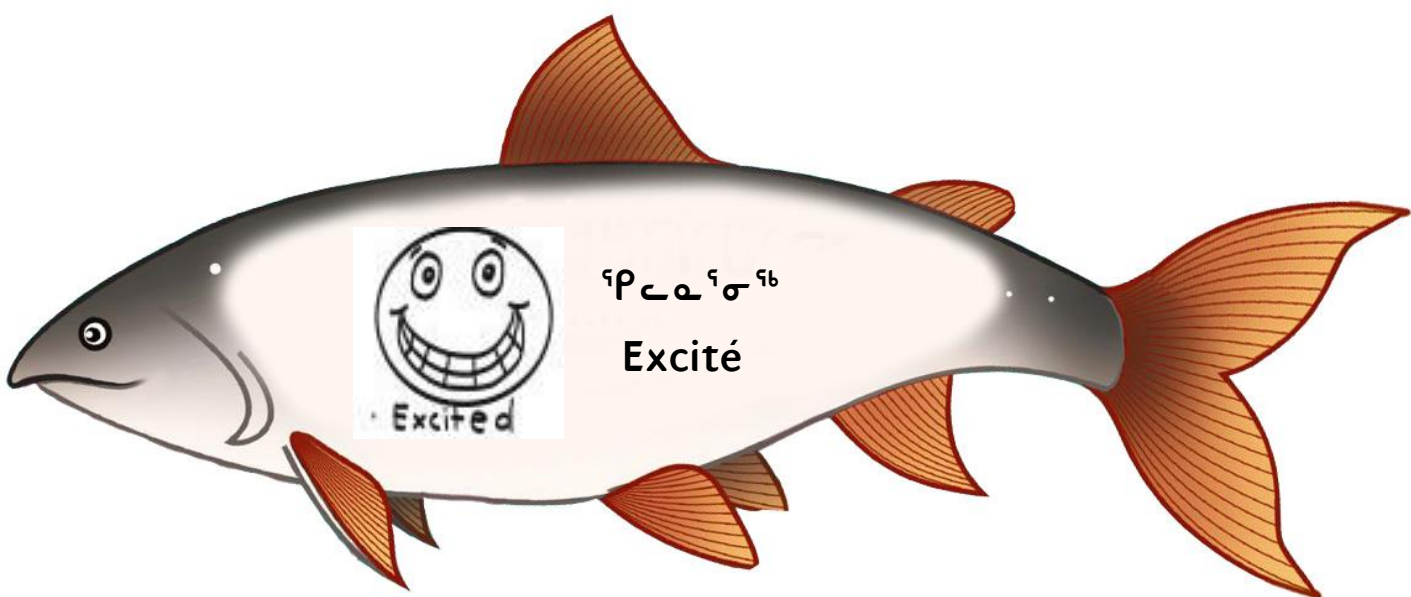
Cette activité est adaptée de: Jane Middleton-Moz et Annie May Popert. You are Not Alone: A Grief Manual.



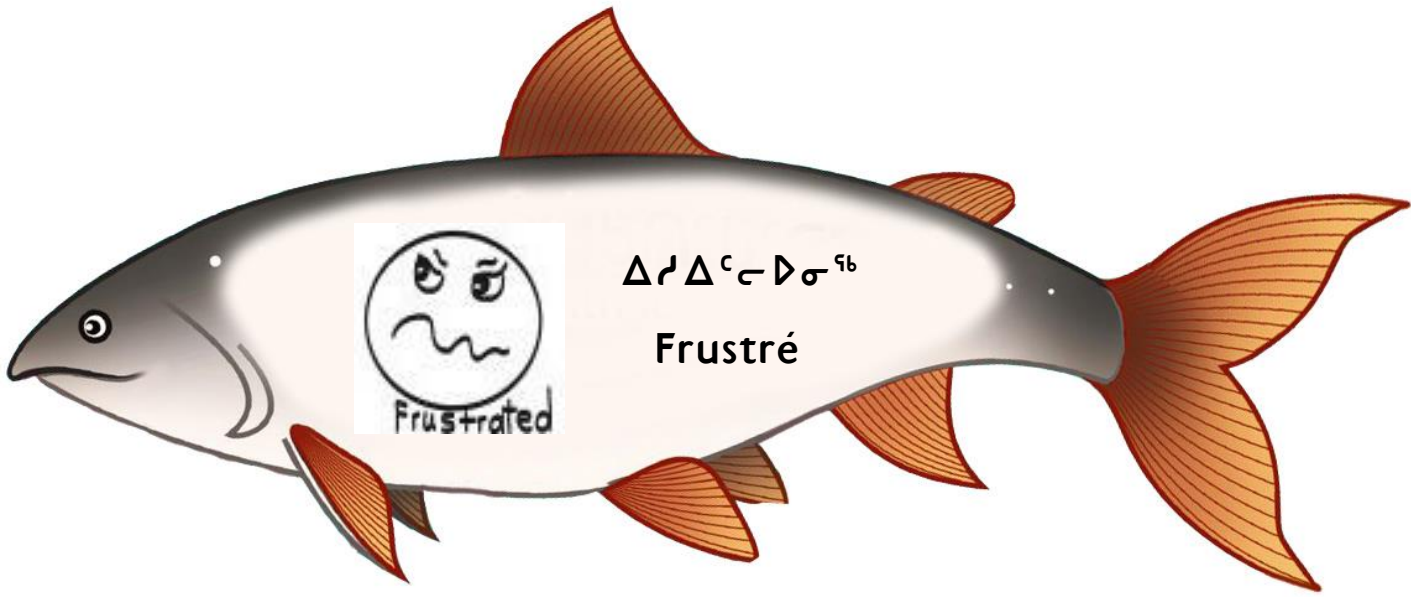
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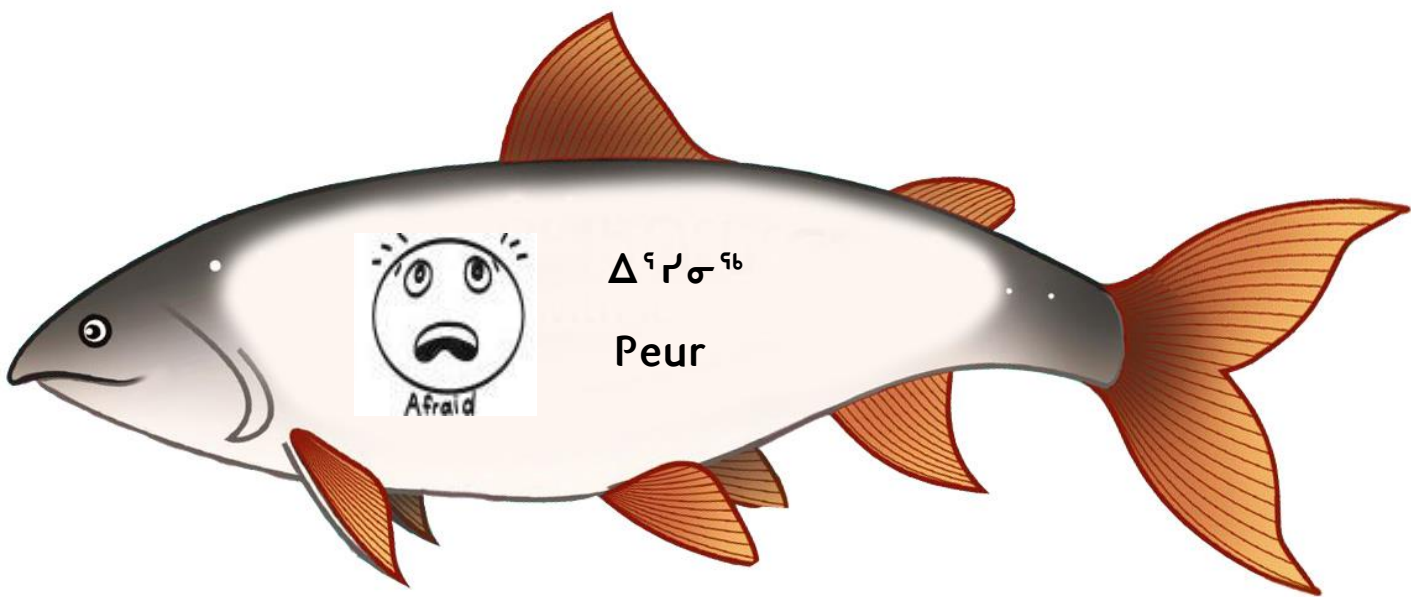


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Excité



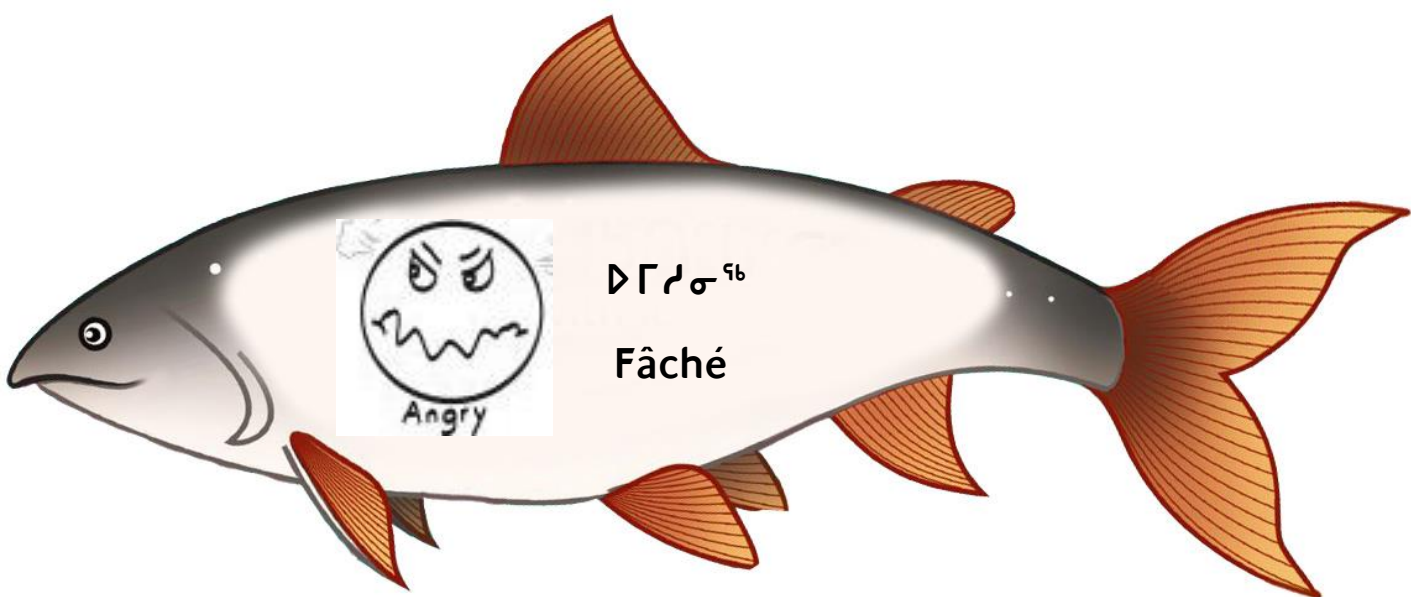
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Frustré



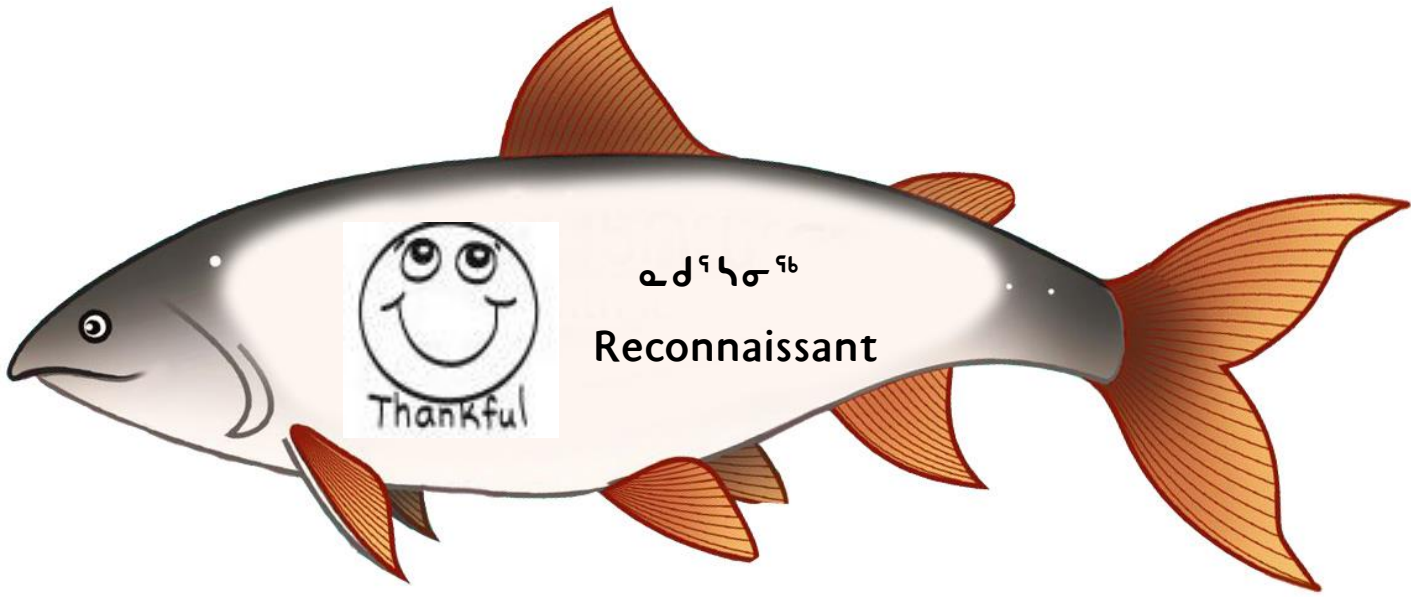
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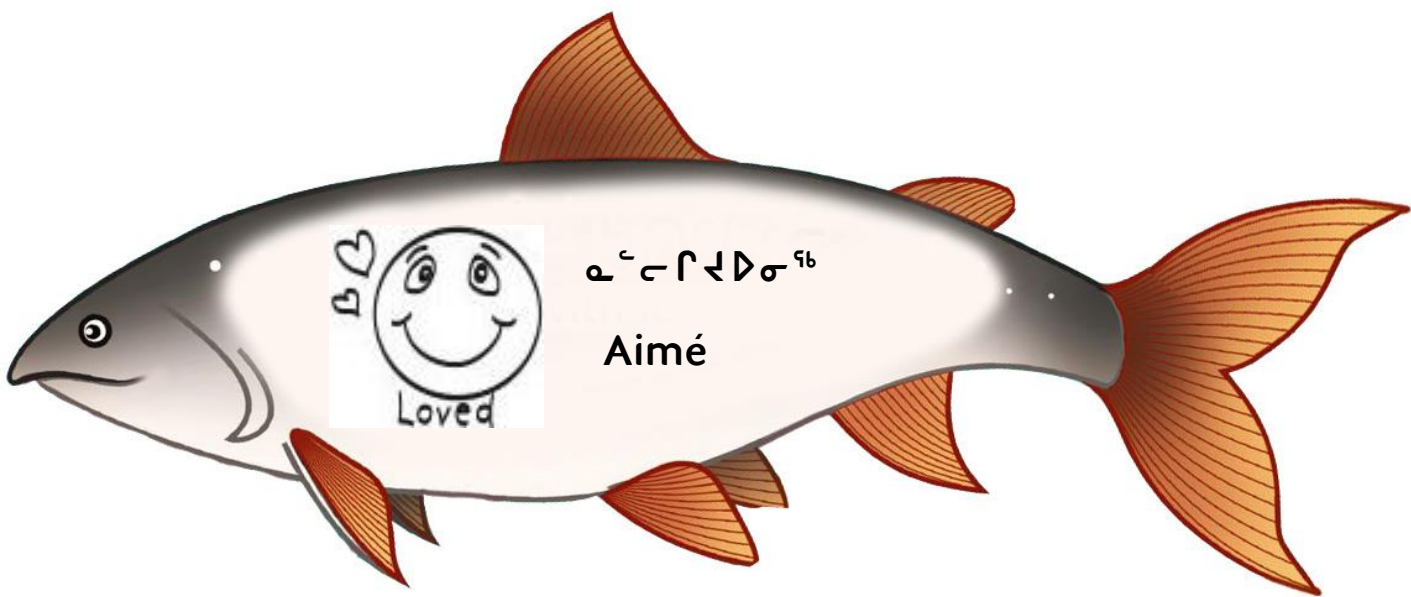


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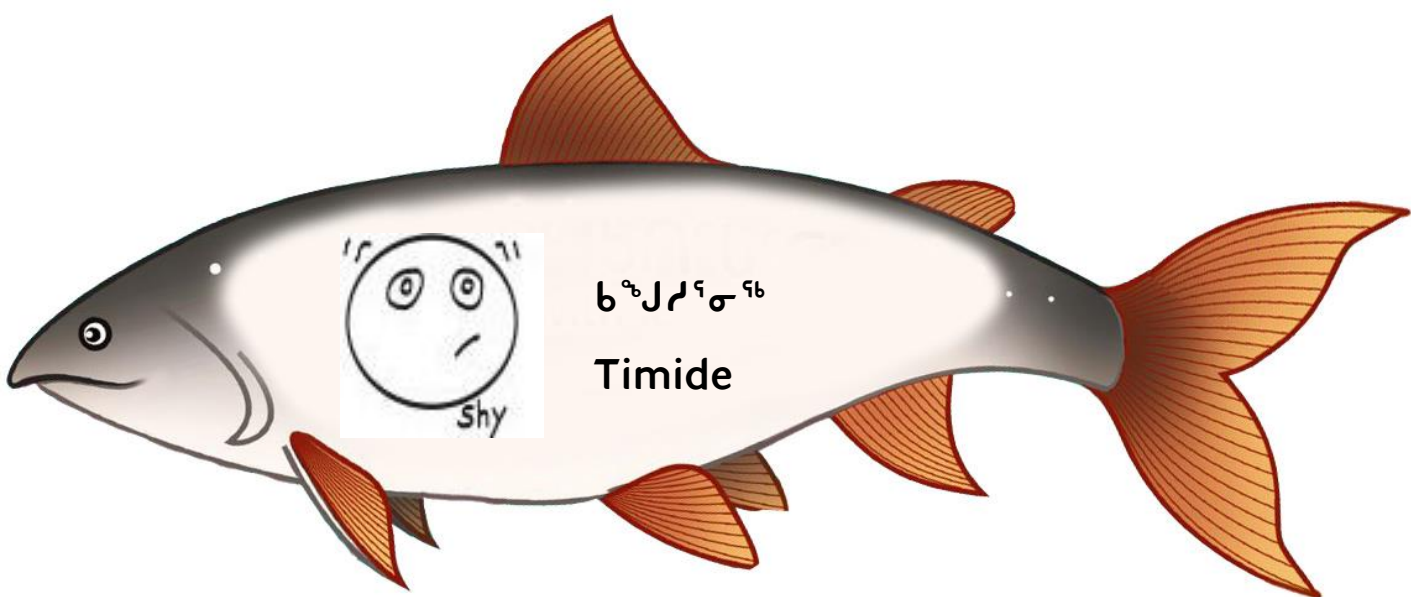
Fâché



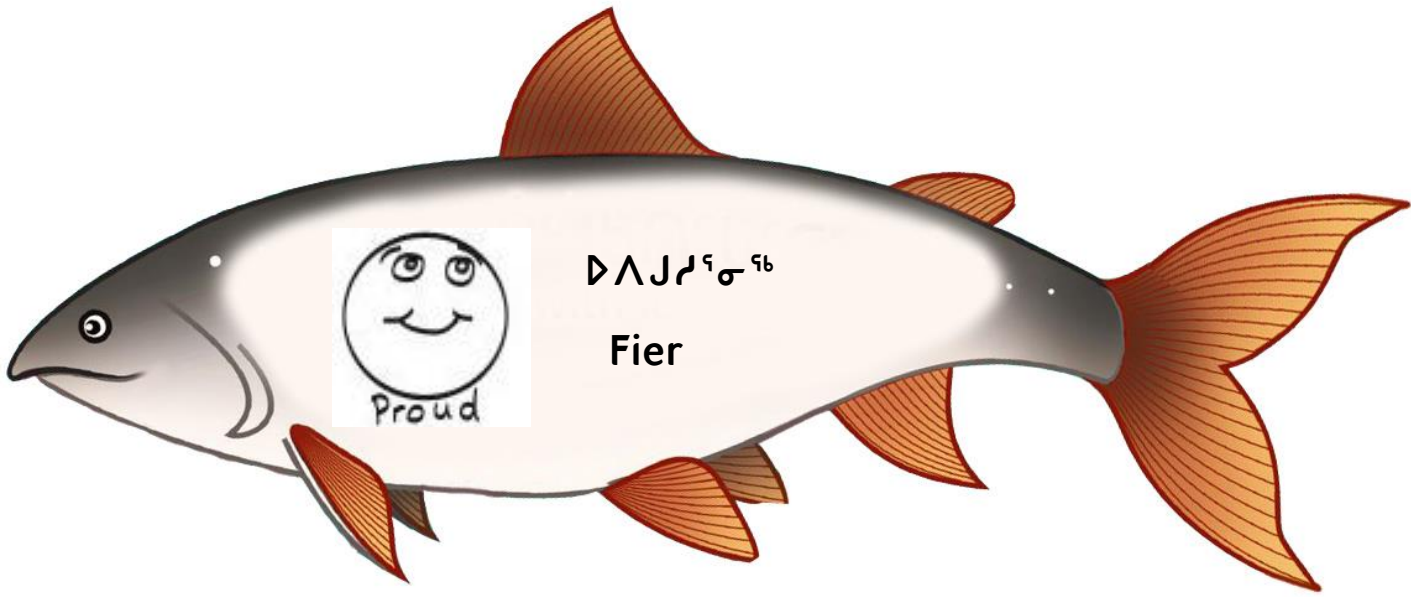
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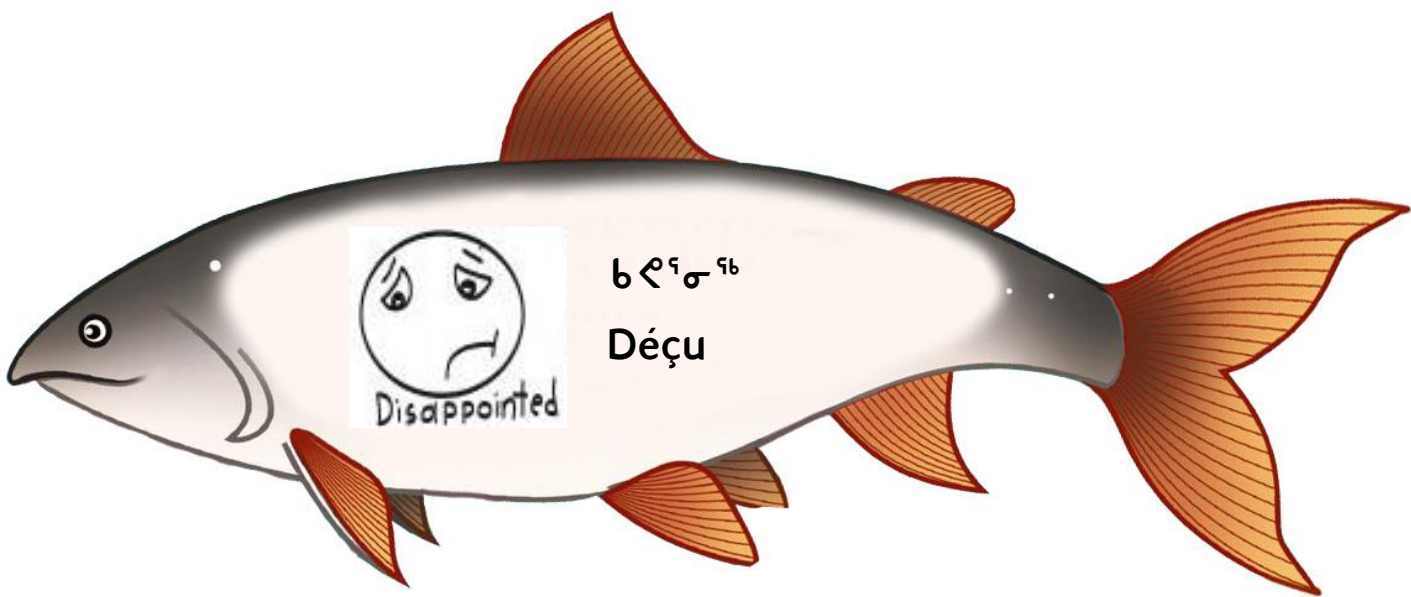


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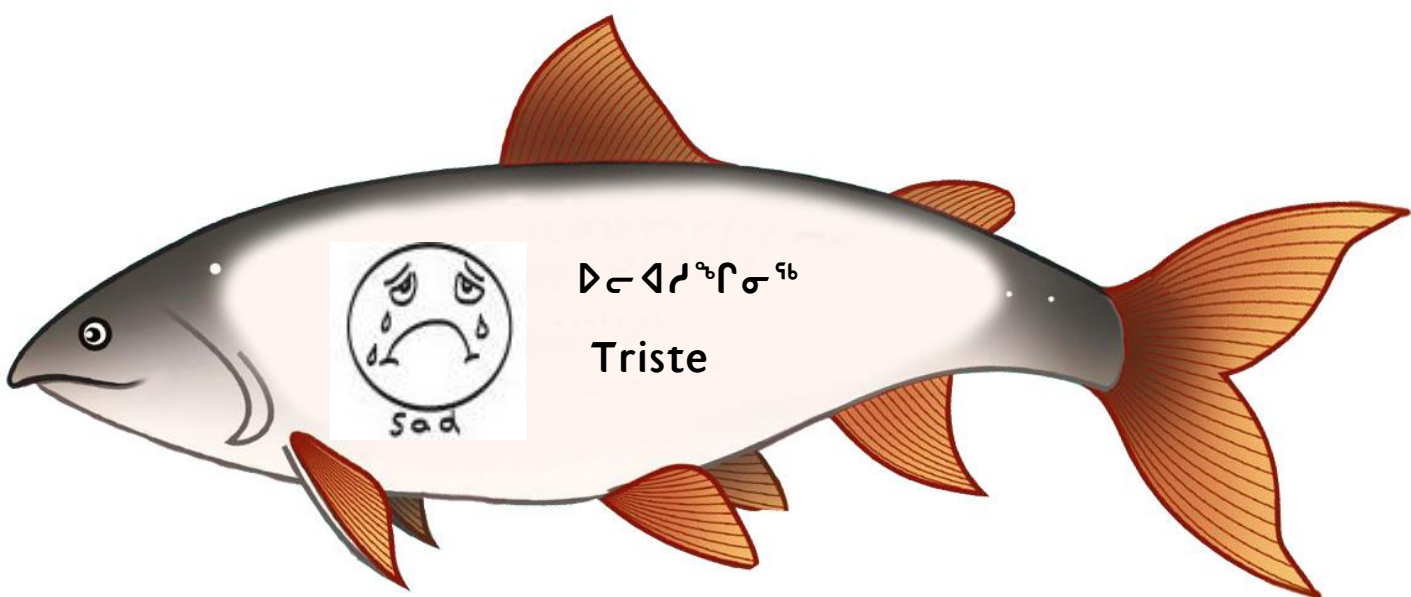
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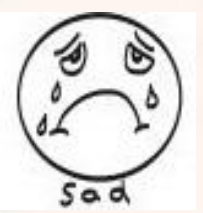
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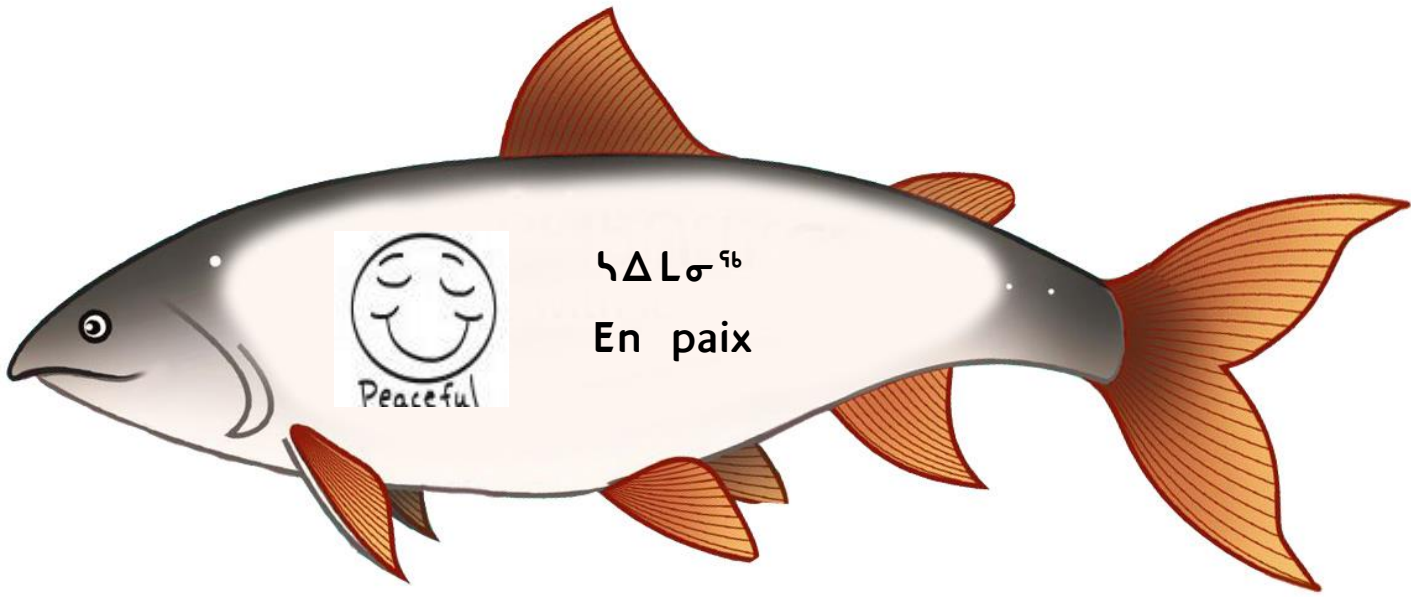
Déçu



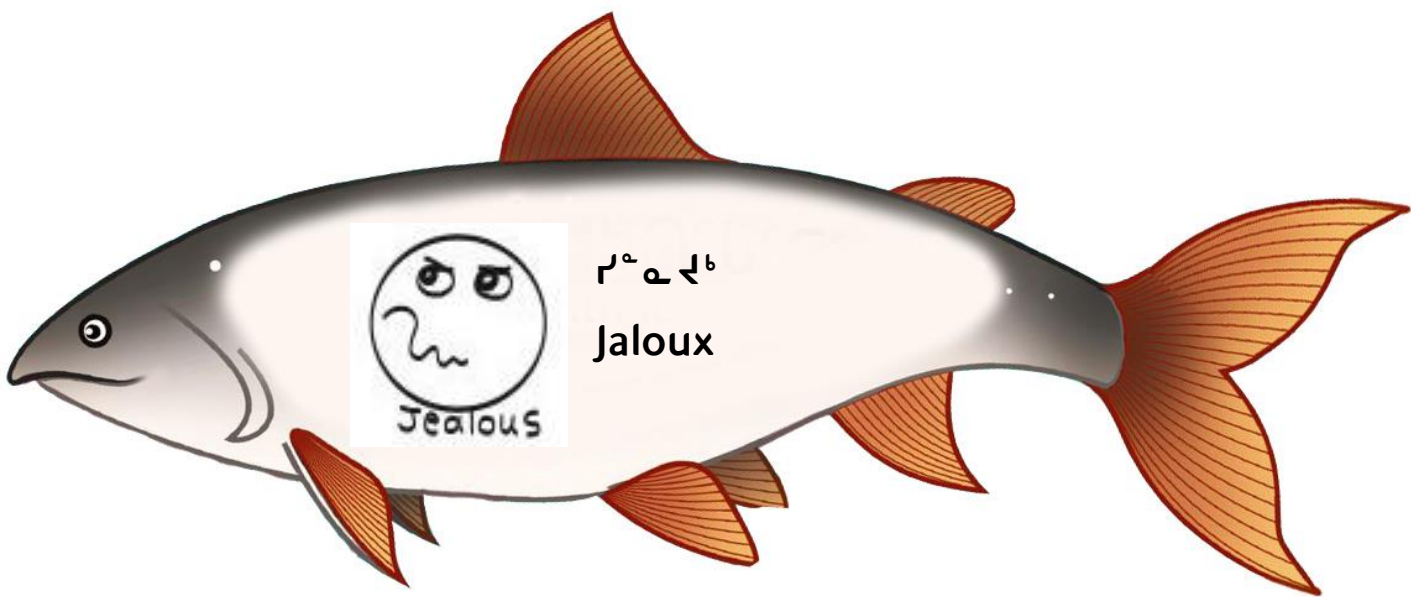
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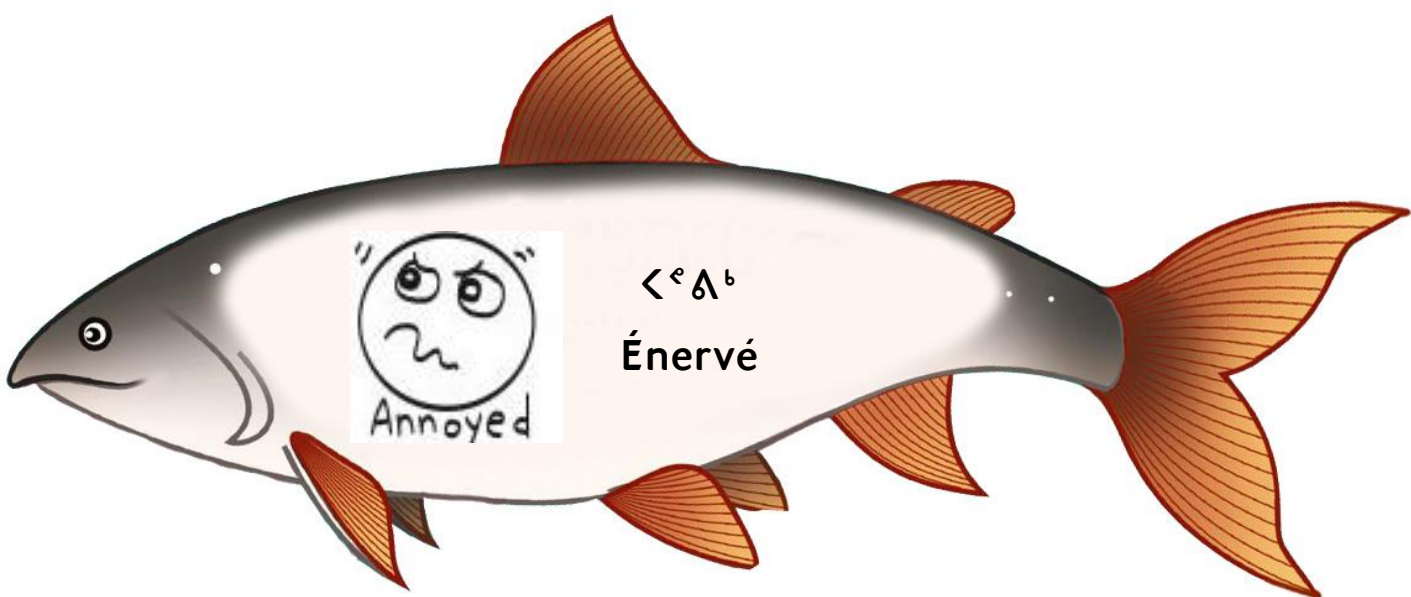




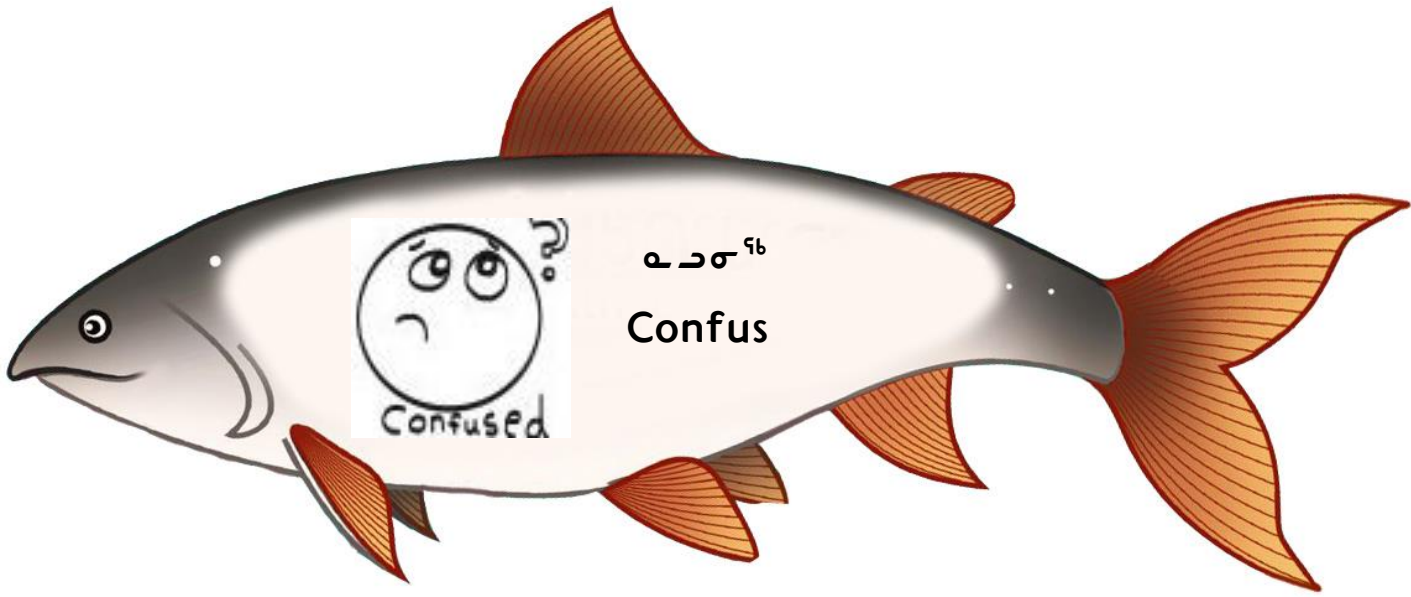
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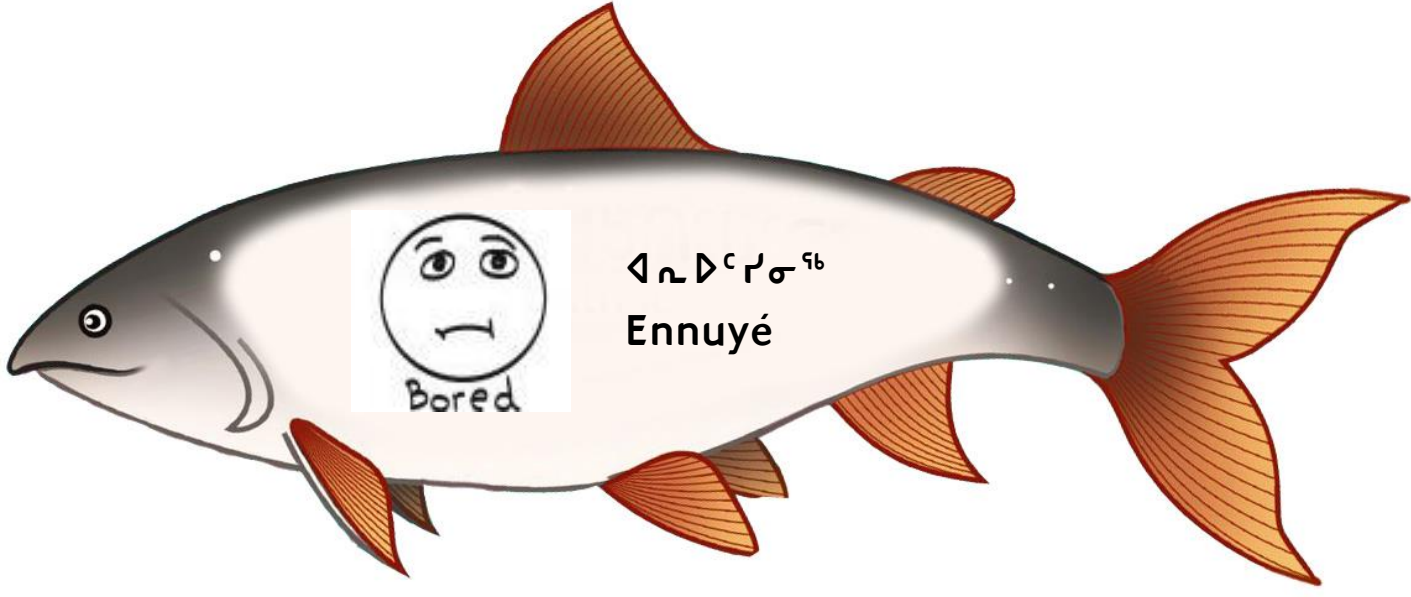
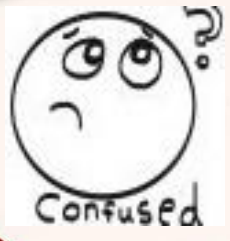
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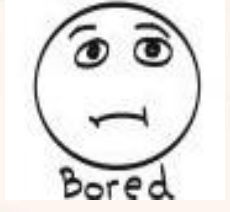
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